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Thousands turn out for pro-gay marriage protest

Thousands took to Lisbon's streets on Saturday in a demonstration to show their opposition to the recently-approved law change regarding same-sex marriages, and demand a referendum. (See Page 9)

New look television guide

Readers can choose from a comprehensive list of highlights what to watch during the next seven days in our new-look TV guide. (See Pages 28 and 29)

Politicians head up Portugal Ryder Cup bid

Former Minister of Economy Manuel Pinho and the two-term President Jorge Sampaio have been selected as the 'faces' of Portugal's bid to host the Ryder Cup in 2018. (See Page 56)

Weekend weather

Lisbon: The only positive feature for the weekend weather will be that temperatures will climb close to 20° Celsius. For the rest, rain will dominate and gale force winds are expected for Saturday. **Faro:** The Algarve should brace itself for more strong winds, especially on Saturday afternoon, as wind speeds are forecast to reach up to 50 knots (93km/h) and will be accompanied by light, intermittent showers. **Oporto:** The North will record heavy rains this weekend and through until Tuesday at least.

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As the nation joins wave of support, Madeira pulls out all stops to regain its image as the 'Garden of Europe'

MADEIRA FIGHTS TO SAVE TOURISM

Full story, see p.2



A man cleans the mud from a local road at São Roque village after the destruction caused by last Saturday's early morning floods. (Photo: Lusa / Homem de Gouveia)

THE PORTUGAL
News



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Above and facing page: Heavy machinery removes the debris after the floods in Madeira (Photo: Lusa / Homem de Gouveia)

Madeira fights to save tourism

As search and clean up operations approached a week since the worst floods in memory claimed 42 lives in Madeira, authorities in Lisbon and Funchal have admitted that one of their primary concerns is to recover the island's image as an idyllic holiday resort. There have also been suggestions that Madeira opted against declaring a state of emergency in an effort to show the outside world its authorities were in full control. Meanwhile, an unprecedented wave of support rushed in from mainland Portugal as the plight of thousands of Madeirans was highlighted by astonishing video footage and near round-the-clock television coverage the past week.

Vivid images of suffering and torment were shown across the globe as Madeira made headlines for all the wrong reasons.

But it has since emerged that while rescue workers, volunteers and locals joined forces to assist in restoring the devastated island to its former beauty, politicians were devising a marketing strategy to avoid tourist cancellations and ensure existing and potential bookings for 2010 are maintained.

The spokesperson for the Regional Government of Madeira admitted that officials have already been working on a "strategy of information and marketing" in order to promote the island resort.

Conceição Estudante, who is also the Regional Secretary of Tourism and Transport, added the

objective of the campaign will be to show the "work that is being done" in cleaning up the city.

She explained that authorities in Madeira will be working closely with travel agencies and other interested groups in order to set up an informal web-based network where positive images and videos can be exchanged to show the progress being made on the tourism-dependent island. This move is effectively one to counter all the images of devastation and destruction currently circulating on the internet.

Meanwhile, Portugal's State Secretary for Tourism has come out in support of the Madeira Governor's refusal to declare a state of emergency.

Madeiran-born Bernardo

Trindade told reporters this week that the decision by Alberto João Jardim "was perfectly understandable" and that the Lisbon Government, so often at loggerheads with the Governor's policies, fully supported the move.

"It is a decision mostly aimed at safeguarding Madeira", Trindade argued, adding: "It is necessary to act in a manner which sends out messages of serenity, tranquility and the quality of the destination, and that Lisbon will be aiding Madeira in these efforts".

Growth in tourism in Madeira has been exponential the past decade (up 13.2 percent in nights spent at hotels) and is also the Portuguese region which currently attracts the biggest spending tour-

ists.

Meanwhile, water and power has been restored to Funchal harbour, allowing the resumption of cruise ship services, Madeiran officials have said, adding that electricity is flowing again across the island with only a few exceptions, including parts of the capital city's downtown area.

"Our motto is recovery, reconstruction and recouping the atmosphere that existed before January 20th", Conceição Estudante was quoted as telling the Lusa News Agency.

Estudante added a global assessment of damages should be completed by the weekend allowing the Regional government to seek financial aid from Lisbon and the European Union.

Ronaldo expresses shock at Madeira floods

Arguably Madeira's best known son, Portuguese international football Cristiano Ronaldo, has this week expressed his "incredulity, shock and horror" at the Madeira floods.

"It is a major catastrophe, an unprecedented tragedy", the Real Madrid star was quoted as saying in a press statement, and was reported as saying by his agent that he wants to "associate himself with the pain of the people of Madeira", and at the same time show "solidarity" with all of them, demonstrating his complete willingness to act alongside the authorities.

"Nobody can be indifferent to this huge calamity, much less anyone who was born and raised in Madeira, an island that, of course, means a lot to me. This is why I want to express my willingness to help, as far as I can, the official bodies and authorities, to assist them in mitigating and overcoming the effects of this vast devastation", he stated.

President 'shocked' by damage to tempest-battered island

Portuguese President Cavaco Silva visited Madeira on Wednesday, expressing "shock" at the devastation in the island's capital and outlying areas.

"Only someone who's been to the scene can have a true notion of the damage", Cavaco Silva said during a tour of downtown Funchal, the capital. "It's shocking", he said.

The President was accompanied by the head of the regional government, Alberto João Jardim, and other Madeira officials, who said search and cleanup efforts had been

underway almost non-stop since Saturday's deluge and mudslides.

The official death toll has remained at 42 since Sunday.

Island officials said they hoped to have global damage estimates ready by this Friday to activate financial aid mechanisms with the central administration in Lisbon and with the European Union. TPN/Lusa

AMI ceases 'Help for Haiti' to focus on Madeira

After visiting the stricken island of Madeira earlier this week, the President of International Medical Assistance (AMI) decreed the end of the association's campaign to raise funds for Haiti and announced the start of a new campaign in favour of those made homeless by the Madeiran floods.

Madeira floods

Madeira offered EU funds

European Commission President José Manuel Barroso has this week said that Brussels will "give significant support" to Portugal's autonomous Madeira Island from EU emergency relief funds for regions afflicted by severe weather. President Barroso said in Lisbon he had already announced funding from Brussels to storm-battered Madeira, where at least 42 people died at the weekend in violent flooding, though "nothing will replace lives that have been lost." EU funds to rebuild homes and infrastructures washed away in Madeira should be available within a few months, noted Barroso.

Lusophone leaders send solidarity messages

East Timor President José Ramos Horta this week sent condolences to victims of the flooding and mudslides in Madeira. In a letter to Portuguese counterpart Cavaco Silva, Timor's leader regretted the high number of people already known to have died in and around the holiday island's capital, Funchal. Ramos Horta said Timor's people are in total solidarity with their "Madeiran brothers and sisters at such a painful time and send wishes of comfort and confidence for a speedy return to normality." Meanwhile, Prime Minister Rafael Branco of São Tomé and Príncipe expressed "deepest consternation" at the disaster in Madeira in a message sent to Portuguese opposite José Sócrates. "In this hour of suffering I want, in the name of the government I head and in a personal capacity, to offer you and the families of victims our most sincere condolences and expressions of solidarity."

Companies report €140m losses

The Funchal shopkeepers' association said on Wednesday that stores in the Madeira capital have suffered financial damage in the region of €140 million, but add this figure might still rise in the coming days.

US sends its condolences

The United States Secretary of State Hillary Clinton offered condolences to Portuguese opposite Luís Amado over weekend flash-floods in Madeira island, officials said. In a phone call to Minister Amado, the United States' head of diplomacy also offered all support needed to deal with the aftermath of the torrential rains and violent floods that battered Madeira on Saturday.

EC statement on Madeira storms

The President of the European Commission, José Manuel Barroso was this week in contact with the president of the regional government of Madeira, Alberto João Jardim, and has conveyed his condolences for the victims of the devastating storms that had struck the island of Madeira. President Barroso has also expressed his solidarity with the people affected and their families, and assured that he is following the situation very closely. The President has underlined the availability of the European Commission to support the Portuguese authorities in the catastrophe.

Portimão helps Madeira with provisions

This week Portimão Town Hall organised an emergency drive to collect food and clothes for the residents of Madeira who were worst affected by last weekend's floods.

Having ended on Thursday, the municipality's charity drive appealed for items in good condition, including children's clothes, sheets, blankets, non-perishable food stuffs and preferably solids (dried milk, flour, cereals, biscuits, pasta, etc.), and organised a dedicated phone-line via which individuals could ask for their donations to be collected.

The provisions are to be sent to Madeira on the Naviera Armas' Volcán de Tijarafe ferry, on Sunday 28th February, which carries out a weekly crossing between Portimão and Madeira.



"I have made the decision to start, as of today, a national collection for Madeira, meaning an end to the campaign for Haiti", Fernando Nobre announced on Wednesday.

He argued "no one can guarantee that tomorrow or the day after another similar situation will not occur", and said "the country must stand united to take on challenges such as this and I think

the people of Madeira deserve to see that unity".

Fernando Nobre, who visited the areas of Funchal and Ribeira Brava, described what he saw as "a scenario of great physical de-

struction".

AMI so far has made available €50,000 to help Funchal Town Hall's Social Services as well as the Regional Service for Social Affairs.

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Mini tornado causes wave of destruction in Portimão

A mini tornado caused a vast amount of damage in the Portimão coastal area on Tuesday night, at around 23h00, destroying restaurants, bars, advertising boards, and road signs. No injuries were reported.



Tornado Destruction In Praia da Rocha (Photo: The Portugal News / Tommy Broad)



Clean-up underway (Photo: The Portugal News / Tommy Broad)

Having struck with most intensity between Alvor and Praia da Rocha, the mini tornado partially destroyed three restaurants located on Vau beach, as well as ripping road signs, trees and electricity posts from the ground.

The 'Casinha Portuguesa' and 'Os Costas' restaurants were the most affected, causing thousands of euros of damage.

Speaking in the aftermath of the tornado, an employee of the 'Os Costas' restaurant told **The Portugal News**, "The tornado completely destroyed the restaurant, the roof on the right hand side was completely torn off and flew about 60 metres to the end of the beach. Luckily all the restaurants on the beach were closed at the time and nobody was in-

jured."

The other badly affected restaurant, 'A Casinha Portuguesa', had all its windows smashed by the intensity of the wind and the inside of the restaurant was also wrecked.

Both lifeguard posts on the beach were stripped bare, with only the heavy contents inside the shacks remaining in place.

The path of destruction left by the mini tornado forced authorities to close the V3 dual carriageway linking Praia da Rocha with Alvor shortly after the occurrence as it was littered with debris.

Civil Protection employees and firefighters were sent immediately to the Vau beach area to clear the roads.

Some homes in the vicinity were left with their roofs ripped

apart and at least two tourist resorts, such as 'O Presidente' and 'Os Arcos', suffered extensive damage to their terraces.

The short-lasting, gale force winds did not cause any injuries as there were not many people on the streets at the time a source at the Civil Protection agency said, adding: "The mini tornado stayed close to the coast, having lost its intensity around one kilometre from Vau beach."

Council workers and Maritime Police officers spent most of Wednesday cleaning up the Vau beach area.

All restaurants were insured and the owners had already contacted companies for the reconstruction of their establishments by Wednesday morning, hoping to reopen to the public next month.

And mini tornado rips through Aveiro

A mini-hurricane that tore across the outskirts of Aveiro caused damage to more than 30 homes in Póvoa do Paço and left one family homeless during a night of high winds and stormy weather.

Trees were torn from the ground, roof tiles and eaves were ripped from properties in the tornado's path, small walls were blasted apart and several vehicles were damaged as a result of the blustery incident. The following morning streets were strewn with debris.

Joaquim Junqueira, a resident of Póvoa do Paço, said it took just a few seconds for "a good part" of his roof to be blown off.

Calculating "between fifty and sixty thousand euros" worth of repairs, Joaquim Junqueira suf-

fered damage not only to his home but also to his car and caravan.

Meanwhile, a few metres down the road, his neighbour was unaware of the freak occurrence and only learned of the mini-tornado the following morning after seeing the damage left in its path.

No injuries were caused by the gale, but the destruction left in its wake will take months to make good. Civil Protection services are struggling to respond to all situations requiring repair or intervention and clearing up the debris, such as entire trees.

More than 30 homes were damaged and one family was rendered homeless when their house was wrecked by the strong winds. The family has been temporarily given shelter by the CESDA association, and, according to the local Town Hall, will be re-homed "as soon as possible".

Residents in Póvoa do Paço were left without electricity or telephone connection for the rest of the day, which could require several days work to repair them to their full capacity.

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McCanns express relief at court ruling



Gerry and Kate McCann on their arrival for the the final day of proceedings in their fight to uphold the ban on a book written by Gonçalo Amaral. (Photo: Lusa / Tiago Petinga)

Following a ruling last Thursday by a Lisbon court that an injunction placed on the controversial book about the disappearance of Madeleine McCann, 'Maddie: The Truth of the Lie', by former PJ police detective in-

spector Gonçalo Amaral, will remain in place, Kate and Gerry McCann have said they "are very pleased and relieved by the judge's decision".

In a statement sent out following the verdict, the parents of

missing toddler Madeleine McCann said that "By upholding the injunction against Gonçalo Amaral's book and DVD, the judge has rightly agreed that there has been significant, ongoing damage to the search for

our beloved daughter Madeleine and to the rights of our family. We are grateful to the judge for accepting that this injustice must not continue".

The statement further explained that "the court case has demonstrated, once again, that there is no evidence that Madeleine has come to any harm. It has also clearly shown that no police force is actively looking for Madeleine, even when they are, shockingly, presented with new information and leads. The motives of those who have tried to convince the world that Madeleine is dead, and who've disgracefully and falsely tried to implicate us in her disappearance, need to be seriously questioned."

"As painful and personally damaging as the slanderous claims of Mr Amaral and his supporters have been to us and our family, our primary focus has always been, and always will be, to find Madeleine through our own best investigative efforts", the statement added.

Following the decision late last week, Gonçalo Amaral's lawyers have said they and the television company that made and distributed a documentary based on his book will appeal the decision.

In his book, Gonçalo Amaral defends the theory that Kate and Gerry McCann were in some way involved in their daughter's disappearance from the Ocean Club resort in Praia da Luz in May 2007, shortly before her fourth birthday.

The McCanns are also seeking around €1.2 million in compensation from Mr Amaral in a separate civil case, for defamation. This particular case is expected to be heard before the summer judicial recess.

It is now expected that Mr Amaral will take his case to the European Courts in an attempt to be allowed the "freedom to express his opinions".

Road deaths: poor start to 2010

Road accidents in Portugal have caused 92 deaths since the beginning of this year, a report from the National Road Safety Authority (ANSR) said; ten more deaths than during the same period of 2010.

ANSR's statistics, which incorporate data from the PSP and GNR police, indicate that between January 1st and February 15th this year, 92 people died in a vehicle collision. That averages at two victims each day.

During the same period of 2009, 82 people died on Portugal's roads.

According to ANSR, the majority of this year's deaths occurred in Oporto (18), followed by Lisbon (15) and Braga (nine).

ANSR's figures also show that the number of serious injuries caused by crashes has

also risen this year, by 15 cases, in comparison to the same period of last year.

Between January 1st and February 15th 2009, 252 people suffered a serious injury from a road collision. This year that figure rose to 267.

Non-serious injuries also went up, from 4,571 in 2009 to 4,737 this year.

These figures are relative to mainland Portugal and exclude data from the Azores and Madeira, as well as being applicable only to victims who died at the scene of an accident, or on the way to hospital.

Victims who died from their injuries during a 30-day period after the incident are also being counted – a new step in Portuguese legislation – though figures including such situations will only be officially released in six month's time.

Fish stocks plummet

It has been estimated that in Portugal each inhabitant consumes at least 59 kilos of fish per year and now the Government has had to turn to purchasing resources from abroad after the national fishery industry fell by 13.6 percent last year.

Last year was a particularly poor year for the fishing industry; vessels were returning to port with lighter nets, culminating in a total drop of 13.6 percent, roughly 24 tons, in the amount of fish caught.

It was made worse by the harsh winter climate on top of successive reductions of fishing quotas imposed by the EU to preserve stocks. And the effects are already being felt by numerous local communities where fish and fishing is the only source of income for a family's survival.

It is a particularly worrying scenario for Portugal, which is the third largest fish consumer in the world. To rebalance the demand and replenish supermarkets the Government has turned to ordering stock from abroad, importing fresh, frozen and salt-preserved fish.

This, however, is taking its toll on the economy. Last year more than €1 billion was spent on importing food, though the sale of national produce to foreign countries only earned Portugal €384 million, meaning a loss of €616 million.

In 2009 Portuguese fishing fleets caught 153,000 tons of fish in national waters, Spain and Northern Africa, practically 24,000 tons less than in 2008, which had been described as one of the best years for fishing in recent history.

It was also less than the 167,000 tons of fish that were unloaded at national ports in 2007.

Nevertheless, the humble sardine is still the most widely caught fish; last year 62,000 tons of sardines were extracted from national waters, representing more than one third of the global annual catch.

Mackerel captures, on the other hand, fell by 38 percent in comparison to 2008, while the amount of pilchards caught rose by 17 percent – the only positive result of last year's fishing.

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Study looks to gain insight on euthanasia views



People who would be 'eligible' for euthanasia were it to be made legal in Portugal, are to be interviewed as a third phase of a study into assisted death, which so far has found that around 39 percent of oncologists defend its legalization and introduction.

The study, which was initialised in 2007 by Oporto University's Faculty for Medicine (FMUP), has so far concluded that more than one third of the country's cancer specialists are in favour of legalizing euthanasia.

Rui Nunes, FMUP's director of Bioethics and Medical Ethics, said that the study is ongoing and currently involves questioning people living in care homes and

old age institutions for their stance on assisted death.

According to Rui Nunes, who is also President of the Portuguese Bioethics Association (APB), the majority of those approached have shown "great sympathy" with the practice of euthanasia.

He confirmed that the study would now progress to questioning those who would be "candidates" for euthanasia, if it were

legal, and said that loneliness, forgetfulness and inner suffering, not just physical pain, were some of the main reasons that could lead a person to desire death.

Terminally ill patients, mainly cancer sufferers and those with neurological diseases (who are conscious but not autonomous), are those who most think of death as a solution to their ailments.

Living organ donors on the up

The number of living donors volunteering their organs in Portugal has risen and now ten percent of all transplants carried out are from live donors, and despite still being a low percentage in comparison to the rest of Europe, within this country it has contributed to waiting list reductions.

Portugal's kidney transplant waiting list has fallen for the first time in two years, believed in part to be due to the number of people volunteering an organ.

Every year 2,200 new cases of chronic and terminal kidney failure emerge; at present there are an estimated 15,000 patients with the condition living in Portugal, according to data from the Portuguese Nephrology Society.

Maria João Aguiar, of the Authority for Blood and Transplant Services (ASST)

explained "Since kidney transplants existed waiting lists have grown and grown, and, for the first time, over the past two years it has shortened". She believes that the 25 percent growth in the number of living donors contributed significantly to achieve this.

Even so, Maria João Aguiar stressed that the figures are "still below average".

"Not even ten percent of all transplants are done from a live donor, what has happened is that there has been a rise in the har-

vesting of organs from cadavers", she explained.

Somewhat contradictorily, the President for the Portuguese Nephrology Society said that on a worldwide scale, Portugal is "well-placed" as it functions on the basis of "presumed consent".

The specialist said that, while "Portugal has one of the highest incidences of terminal kidney failure in the world it is also one of the countries that best treats the disease and with excellent results".



A woman who has opted for euthanasia.

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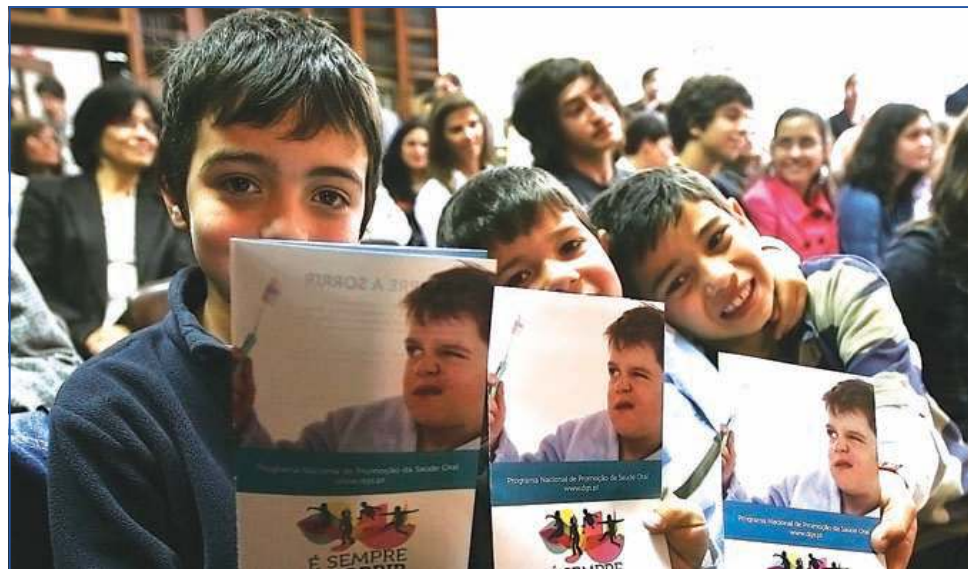
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Less than half of all Portuguese will have seen a dentist in the past year

A European study into dental health has revealed that less than fifty percent of the Portuguese population, 46 percent of the population to be precise, will have seen a dentist over the past 12 months despite 90 percent of the study's participants claiming they had easy access to making an appointment as well as to a dental clinic.



Students show their first dentist cheques presented by Prime Minister José Sócrates, Health Minister Ana Jorge and Education Minister Maria de Lurdes Rodrigues at the Nuno Gonçalves Primary School in Lisbon in April last year. (Photo: Lusa / João Relvas)

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Gov't looking at €1.9bn in 2010 motorway investments

The Portuguese government foresees €1.9 billion in motorway investments this year, Public Works Minister António Mendonça said last week. Mendonça told Parliament's budget commission that €1.6 billion of the total was related to highway concessions and the balance for other projects, including road repairs. He also said the Government, whose budget proposal is under debate in parliament, had not yet "defined anything" in terms of an eventual privatisation of Portugal's railway system. What was under discussion regarding the CP railways, he said, were "different business models".

Lisbon only national region richer above EU average

The Greater Lisbon area has per capita GDP of 105 percent, slightly above the European Union average of 100 percent and is the only region in Portugal above the EU mean, Eurostat said last week.

'Visibility' justifies cost of UN Security Council bid

Foreign Minister Luis Amado has defended the €1.5 million budgeted in Portugal's bid for a non-permanent seat on the UN Security Council as justified, given "the great visibility" the post would bring Lisbon. The Government needed to "internationalise the country" and give it "visibility" in international forums, Amado said Thursday in comments to lawmakers discussing the proposed 2010 state budget. He said Lisbon faced stiff competition from Germany and Canada for a non-permanent Council seat for the 2011-2012 term.

Portuguese, Spanish interior ministers discuss anti-terror cooperation

The interior ministers of Portugal and Spain held talks in Lisbon last Thursday to beef up bilateral cooperation in fighting terrorism. The meeting was "in line with the very close contacts and fruitful cooperation" characterising bilateral security relations, Internal Administration Minister Rui Pereira told lawmakers in parliament without making any specific mention of Spain's separatist Basque organization ETA. A Spanish Government official told Lusa News Agency the talks in Lisbon centred on "the fight against ETA", which is considered a terrorist organisation by the European Union and the United States. In two operations since the beginning of the year, Portuguese police arrested two presumed ETA members and discovered an apparent bomb-making factory with about 1,000 kilogrammes of explosive materials.

Brazil's CSN fails bid for big slice of cement maker Cimpor

Brazilian steel company CSN has this week failed in its bid to buy a one-third stake in Portugal's cement group Cimpor. Officials at the Euronext Lisbon exchange said CSN only managed to acquire an 8.6% position in Cimpor, 57.5 million shares, at their offered price of €6.18 per share.

Officials at the Portuguese cement firm, who had opposed the bid, issued no immediate comment. Cimpor shares fell 3.8% in early trading to €5.63 on Tuesday.

Portugal accepts Dili's exclusion of CGD from oil fund management

Portuguese Foreign Minister Luis Amado has said that Lisbon accepts East Timor's justifications for sidelining Caixa Geral de Depósitos, the state-owned Portuguese bank, from managing assets of the new nation's oil fund. After talks in Lisbon with visiting Timorese opposite Zacarias da Costa, Portugal's top diplomat said the explanation given by Dili for not selecting CGD to manage the oil fund assets was "valid". Da Costa had told Lusa a day earlier that CGD was unaware of some requirements for the oil fund tender such as insurance mechanisms on capital invested in the oil fund. Portugal's Foreign Minister said the visit to his Timor colleague showed the special importance of Dili in its relations with Lisbon. Amado said the two Lusophone diplomats had discussed both bilateral issues and regional ones. He added that Timor backs Portugal's bid for a non-permanent UN Security Council seat and Dili is working to get support from small Asia-Pacific states for the same goal.

Speaker on Morocco visit to boost bilateral ties

Portuguese parliamentary speaker Jaime Gama was this week on an official visit to Morocco for talks aimed to reinforce cooperation between the two countries' national legislatures, officials said. In a four-day trip which ends Saturday, Gama will meet counterpart Mustapha Mansouri, as well as Prime Minister Abbas El Fassi and Rabat's top diplomat, Taieb Fassi Fihri. Morocco's Foreign Minister visited Portugal late 2009 to avert potential damage to bilateral relations caused by the high-profile hunger strike of West Sahara independence activist Aminatu Haidar in Spain's Canary Islands. Rabat, after initially refusing permission, eventually allowed Haidar to return to her West Sahara home.

Portugal business groups to help organise Angola trade fairs

Angola's Luanda International Fair (FILDA) and Portugal's two main business associations signed a contract on Tuesday for Portuguese aid in organising trade fairs in the Angolan capital. Officials said the accord foresaw the holding of four fairs in Luanda this year for the food, construction, housing, and security sectors. Angola is Portugal's single largest export market, with more than 10,000 companies doing business in Lisbon's oil-rich former African colony. TPN/Lusa

Thousands turn out for pro-gay marriage protest



Thousands of people took to Lisbon's Liberdade Avenue and filled the Restauradores Square in a demonstration to show their opposition to the recently-approved law change regarding same-sex marriages, and demand a referendum.

While organisers and participants claim around 10,000 people supported the pro-family movement, organised by the Platform for Citizenship and Marriage, police estimates halve the figure to five thousand. Either way, the PSP's Rapid Intervention Squad (SIR) was called in to prevent any potential outbreak between the protestors and a small group of around 50 pro-gay marriage demonstrators.

Tension increased as protests from both sides escalated into insults.

"Marriage is between a woman and a man", and "a united family will never be overcome" were two of several slogans being chanted by the anti-gay marriage marchers, as the smaller pro-group retorted with "I shall love whom I chose, whether a man or a woman".

A participant of the pro-gay marriage group addressed the demonstration as a "homopho-

bic protest", which included the participation of several influential figures, including architect Gonçalo Ribeiro Telles, General Garcia Leandro, CDS-PP MP Ribeiro e Castro, a group of 13 bikers from the Catholic University, Manuel Braga da Cruz.

Also opposing the same-sex marriage law were members of the National Renovation Party (PNR), who along with their fellow protestors demanded a referendum of the recently-passed law, which approves same-sex unions, with banners heralding 'For marriage, for family, we want a referendum' and 'Family is sacred, it is not the State's role to destroy it'.

Photo right: Members of the gay community demonstrate in Lisbon on February 20th against the march organised by the Platform for Citizenship and Marriage. (Photo: Lusa/Miguel A. Lopes)



Domestic violence showing new traits

A record high has been set in the amount of domestic violence complaints that GNR and PSP police are receiving on a daily basis, and while the majority of the complaints are made by women, police say a growing number of men also request their help.

On average, according to police sources, last year between the two security forces around 84 complaints every day were received, a total of 30,629 throughout 2009, 10.4 percent more than in 2008.

GNR police registered the most significant rise in domestic violence complaints, having responded to 13 percent more incidents last year than the year before, but both forces confirmed the main issues related to abuse, more physical than psychological, and both confirmed an increase in the number of cases of sexual abuse and rape.

Last year there was a rise of 14 percent in the number of men reporting abuse. The GNR force took account of 1,669 complaints from men, representing 14 percent of all cases recorded last year.

More than 500 complaints were made by minors reporting abuse from their parents.

There were also complaints made by parents suffering abuse at the hands of their children.

The majority of physical abuse relates to beatings, punching and kicking, though in some cases the use of weapons was also reported, mainly knives and pocket knives.

The GNR revealed that last year 29 cases of poisoning were documented.

It was in Oporto, Aveiro, Braga and Setúbal that the highest number of cases were reported to the GNR. PSP data shows the majority of their situations occurred in Lisbon, Oporto, Setúbal and the Azores.

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French tuna fishing boats leave the port of Sete, France on 03 February 2010. The French government said on 03 February it would back a ban on the international trade in Bluefin Tuna on the condition that implementation is delayed by 18 months. (Photo: EPA/Guillaume Horcajuelo)

Portugal downplays criticisms of appointment of EC chief's Portuguese aide as new EU envoy to US



Portugal's Europe minister, Pedro Lourtie, has rejected Swedish criticisms over the appointment of European Commission President Jose Manuel Barroso's former aide as Europe's new ambassador to the United States.

After a Brussels meeting of EU foreign ministers, Pedro Lourtie, Lisbon's state secretary for European affairs, said the issue "has been clarified" and "hasn't generated controversy."

Swedish Foreign Minister Carl Bildt wrote last week to the EU's foreign affairs chief, Catherine Ashton, criticising lack of consultation between the bloc's 27 member states on the nomination of João Vale de Almeida, former chief of staff to Jose Manuel Barroso, to the prestigious Washington posting.

But Ashton said this week de Almeida was appointed for his high diplomatic ability.

However, most media reported that the Portuguese diplomat was personally appointed by José Manuel Barroso to replace the EU's current Washington ambassador, ex-Irish premier John Bruton, in a decision seen as undermining the authority of Europe's new foreign affairs supremo.

In a statement sent out last week, the EC explained he will take up office in Washington in the coming months following host country agreement procedures.

The position has been vacant

since the departure of the former Head of Delegation, John Bruton, at the end of October 2009.

Commenting on the appointment, President Durão Barroso said: "EU/US relations are a top priority for the European Union. The decision taken, in the first meeting of the new College, to

appoint the highest senior official in charge of external relations to be our representative in Washington, testifies to our political commitment to enhance and deepen the transatlantic relationship in a crucial moment for bilateral relations and global governance".

Calls on EU to support ban on international trade in Atlantic bluefin tuna



The European Commission this week proposed that the European Union should press for a ban on international trade in Atlantic bluefin tuna to enter into force within the next year.

The Commission said in a statement it is deeply concerned that overfishing of Atlantic bluefin tuna driven largely by international trade is seriously depleting stocks of the species.

The proposal will be discussed with Member States in order to reach a common EU position for the next meeting of the Convention on International Trade in Endangered Species (CITES), taking place in Doha, Qatar, from 13 to 25 March 2010.

European Environment Commissioner Janez Potočnik said: "We have a responsibility to future generations to take decisive action when faced with the likelihood that a species will disappear forever. We have the duty to preserve our natural capital. Since there is a high risk that Atlantic bluefin tuna will soon be gone forever, we have no other choice than to act now and propose a ban on international trade".

Maria Damanaki, Commissioner for Maritime Affairs and Fisheries, added: "Our aim is to ensure a viable future for the fishermen. This requires healthy bluefin tuna stocks, and it is clear to everyone that overfishing is definitely not the way to go. An important part of the solution we are proposing today is a special arrangement for artisanal fishing vessels."

While recognising that the In-

ternational Commission for the Conservation of Atlantic Tunas (ICCAT) has taken a number of steps to address this situation since 2006, the Commission considers, on the basis of the most recent scientific data available, that Atlantic bluefin tuna should be included in Appendix I of CITES.

Appendix I groups species threatened with extinction and for which trade must be subject to particularly strict regulation and authorised only in exceptional circumstances.

Listing bluefin tuna under Appendix I would mean a ban on international trade in the fish.

The Commission is proposing, however, that the listing should not take effect immediately. The CITES meeting in Doha would indicate that the listing's entry into force would have to be decided by the CITES Standing Committee within 12 months.

The Standing Committee would have to base its decision on the latest scientific information available on the situation of the stock and assess the adequacy of any measures adopted by ICCAT when it meets in November 2010.

If the ban enters into force the Commission will see to it that artisanal fishing firms are authorised to supply the EU market with catches stemming from Member States domestic waters.

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Total nights spent in European hotels fell by five percent in 2009



In 2009, nearly 1.5 billion nights were spent in hotels and similar establishments in the European Union, a decrease of 5.1 percent compared with 2008, after an annual change of -0.2 percent in 2008 and +3.5 percent in 2007.

The number of hotel nights spent by residents in their own country in 2009 fell by 1.6 percent and hotel nights spent by non-residents fell by 9.1 percent.

The decline in the number of hotel nights in the EU, which began in the middle of 2008, slowed down during 2009. The number of hotel nights fell at an annual rate of 8.0 percent in January-April 2009 (compared with the same period of the previous year), of 4.1 percent in May-August and of 3.6 percent in September-December. These estimates, which include nights spent whether for business or leisure, come from a publication by Eurostat.

Meanwhile, as revealed last week in **The Portugal News**, statistics for 2009 concluded that the hotel industry last year suffered an overall drop of 6.4 percent in visitors, in comparison to 2008, thought to be mainly caused by the lack of demand from non-residential tourists.

According to the National Statistics Institute (INE) last year a total of 36.7 million nights' stay were booked in hotels in Portugal.

The various types of accommodation throughout Portugal registered a total of 13,033,200 guests, 3.1 million fewer than the year before, who originated in the 36.7 million stopovers, these being 6.4 percent fewer than in 2008.

There was a 10.7 percent drop in the number of non-residential tourists – who make up the majority of all tourists in Portugal – visiting the country, which is

believed to be the overall cause of the dwindling figures.

Non-residential tourists last year were responsible for 23.4 million stop-overs, the remaining 13.3 bookings having been made by those living in Portugal and visiting a different area, a rise of 2.2 percent in relation to the year before.

Overall revenue fell by 9.7 percent, in comparison to 2008; the country's takings at the end of 2009 totalling 1.7 billion. Revenue solely from accommodation is estimated to have earned the country €1.9 billion, equalling a drop of 9.4 percent in comparison to 2008.

As well as the slackening demand, a direct result of the global economic crisis, cost-saving promotions are also hailed as being responsible for the fall in revenue. Average prices for a room in Portugal in 2009 were calculated at €27.4, as opposed to the €31.4 charged the year before.

The number of tourists coming to Portugal from the UK dropped by 21.4 percent; those inbound from Ireland also dropped by 13.2 percent and from Italy by 12.9 percent. There were 8.9 percent fewer German tourists last year, as there were Dutch tourists, who fell by 8.5 percent.

On the other hand, the number of Spanish and French visitors to Portugal grew, but not enough to make up for the losses amongst their counterparts.

Photo right: Tourists on the Ria Formosa in Olhão. (Photo: Lusa / Luis Forra)



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Office markets see fall in rents after unprecedented fall in demand



The world's leading centres have suffered an unprecedented fall in demand for office space which has contributed to the first aggregated global fall in prime office rents since 2003.



Torres de Lisboa (Photo: Lusa / Inácio Rosa)

Global real estate adviser Cushman & Wakefield, in its new Office Space Across the World report, says that 2009 recorded a steep and widespread fall in office demand with every region in the world recording falling prime rents for the first time.

The outlook for 2010 however is more positive. As some major economies return to growth, demand for office space from corporates is likely to once again increase and reduce the supply of space.

Rental growth is already being recorded in some of the world's leading office markets such as the City of London and Oslo CBD, and rents globally are expected to reach their low point by the middle of the year. The second half of 2010 will therefore be one of recovery and cautious optimism from both landlords and occupiers.

In the ranking of the world's most expensive office locations, the three top locations remained constant with Tokyo moving into first place from second with full office occupancy costs (prime rents plus taxes and service charges), costing €1,441 sqm per year/\$190 sq.ft per year.

London's West End moved from third to second place with full occupancy costs of €1,220 sqm per year/\$161 sq.ft per year and Hong Kong fell from first to third position with full occupancy costs of €1,207 sqm per year/\$160sq.ft per year.

Not all markets were affected to the same extent by the global downturn with Santiago, Chile recording a 28% increase in office rents as a shortage of prime space and robust demand pushed up prices.

Smaller rises were also recorded in cities as diverse as Jakarta, Indonesia; Miami, USA and Cape Town, South Africa where the country's hosting of the 2010 Football World Cup fuelled short term demand.

Referring specifically to Portugal, the agency explained that the country is traditionally one of the quieter office markets in Europe, and that Portuguese prime office rents eased down by 3% during 2009.

But it said that in line with the prevailing trends across Europe, the Lisbon market, in the second half of the year, witnessed more positive indicators, with take up rising and rents stabilising.

PM's upcoming Mozambique visit strong on business

Portuguese Prime Minister José Sócrates' visit to Mozambique next month will have a "big economic component", an aide organizing the trip said.

The official told the Lusa News Agency that Prime Minister Sócrates would be accompanied on the March 3-5 visit by "five or six ministers" and a 50-strong business delegation that would meet Mozambican counterparts in a business seminar.

The Prime Minister's aide said Sócrates was scheduled to meet with President Armando Guebuza, Prime Minister Aires

Ali, and lawmakers in Maputo, where several cooperation accords would be signed.

Lisbon is readying a €90m fund to back investments by Portuguese companies in its former colony.

President Guebuza, who has described bilateral relations as "excellent", is expected to visit Portugal this year, probably in late April. *TPN/Lusa*

EU approves extension of Portuguese Guarantee Scheme for banks

The European Commission has authorised, under EU state aid rules, the extension until 30 June 2010 of a Portuguese Guarantee Scheme for credit institutions.

The Commission found the extension of the measure, initially approved on 29 October 2008 to be in line with its October 2008 Guidance Communication on state aid to overcome the financial crisis.

In particular, the extended measure is limited in time and scope.

The Commission has therefore concluded that the extension of the scheme represents an appropriate means of remedying a serious disturbance in the Portuguese economy and as such is compatible with Article 107(3)(b) of the Treaty on the Functioning of the European Union (TFEU).

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FM Amado to head planned business delegation to Bissau

Foreign Minister Luís Amado has said he will soon lead a Portuguese business mission to Guinea-Bissau to help the troubled West African country re-launch its economy.

Lisbon's former colony "needs foreign investment, economic growth, jobs and financial support". Amado said, adding that the Portuguese economy and companies had "better conditions than others" to aid Bissau.

The Foreign Minister, speaking to journalists moments before the arrival of Guinean President Malam Bacai Sanhá on a visit to Lisbon, said Portugal was ready to aid Bissau in three key areas: reform of defence and

security forces, education and the economy.

"It's significant", he added, that Bacai Sanhá had chosen Portugal for his "first visit to Europe" since being elected president in mid-2009.

Amado said it was "important" for Lisbon to "give a clear sign of confidence in the international community after more than a decade of military and political instability." *TPN/Lusa*



A staff member of car producer Karmann walks across the company premises in Rheine, Germany in February 2009. Several new Audi A4 cabriolets were parked on the premises where the last car of the type was produced on 20 February 2009. The company are planning to abandon the production site after 43 years. (Photo: EPA/Friso Gentsch)

EU discusses economic situation in the car sector



European Commission Vice-President Antonio Tajani, in charge of Industry and Entrepreneurship, met this week with ministers in charge of the automotive industry to speak about a wide range of areas affecting it. They discussed the economic challenges facing the European car industry, what short-term measures could be made available, as well as the medium term strategy ensuring a sustainable recovery from the crisis.

According to a statement posted by the European Commission on Monday, the main objective of the meeting was for the Commission and Ministers around the table to have an understanding of the current situation of the car sector from a European perspective.

The meeting also aimed at agreeing on a common vision that ensures the long-term viability of the car industry in Europe.

The gathering confirmed that although supportive measures have been effective in eliminating some of the immediate impacts of the crisis, the economic situation of the European car sector remains difficult.

The industry faces overcapacity and at the same time reduced consumer demand due to the overall economic climate.

To help the industry overcome the short term challenges,

the participants supported the continuation of discussions at European level to find common solutions. Coordination of support measures taken at Member State level should continue to ensure the functioning of the internal market.

Furthermore, the coordination at European level is necessary to achieve a sustainable recovery from the crisis with minimal social impact, the group further found. The targeted use of EU instruments, such as EIB loans and structural funds will be reinforced.

The participants have identified that green technologies can provide a strategic medium term perspective for the car industry to recover from the crisis and to reinforce its competitiveness.

Thus, a European strategy on clean and energy efficient cars should be developed and implemented that sets out the necessary actions to encourage market introduction of green vehicles, including electric cars.

To structure the discussions on these strategic issues, the relaunch of the so-called CARS 21 High Level Group has been agreed.

EU clears Microsoft's proposed acquisition of Yahoo's online search business



The European Commission has approved under the EU Merger Regulation the proposed acquisition of the internet search and search advertising businesses of Yahoo! Inc. by Microsoft.

The Commission concluded that the concentration would not significantly impede effective competition in the European Economic Area (EEA) or any substantial part of it.

Microsoft is active in the design, development and supply of computer software and the supply of related services on a worldwide basis.

The Yahoo's online search business, the subject of the transaction, encompasses both its internet search and the online search advertising businesses, including its online search advertising platform Panama.

Pursuant to the agreements concluded by Microsoft and Yahoo, Microsoft will acquire a 10-year exclusive license to Yahoo's search technologies.

Microsoft will also hire Yahoo internet search and search advertising staff. Microsoft will become the exclusive licensee to Yahoo's search technologies.

In exchange, Microsoft will retain 12% of the search revenues generated on Yahoo's and its partners' websites during the

first five years of the agreement, paying 88% to Yahoo as a traffic acquisition cost.

In the EEA, Microsoft's and Yahoo's activities in internet search and online search advertising are very limited with combined market shares generally below 10%. Google, by contrast, generally enjoys market shares above 90%.

According to Microsoft, acquiring the Yahoo search business and thus increasing its scale in search advertising will enable it to become a more credible alternative to Google and provide greater value to advertisers. The Commission's first phase market investigation has indicated that scale is an important element to be an effective competitor in search advertising.

The Commission also examined the potential impact of the merger on the different market players, namely internet search users, advertisers, online publishers and distributors of search technology.

The Commission's first phase market investigation has shown that not only market participants

do not expect the transaction to have any negative effects on competition or on their business but they also expect it to increase competition in internet search and search advertising by allowing Microsoft to become a stronger competitor to Google.

The operation was notified to the Commission for regulatory clearance on 15 January 2010.

More information on the case is available at:

http://ec.europa.eu/competition/mergers/cases/index/m114.html#m_5727

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UK housing market may exceed expectations



The British housing market, which indirectly has proven to have far-reaching effects here in Portugal, could rapidly overcome the widespread end-of-year gloom expressed by forecasters, and deliver annual price rises topping 10 percent as early as next month, it has been revealed.



Archive photo from October 2007 showing a house for sale in London. The British Council of Mortgage Lenders (CML) said 08 August 2008 there were 18,900 reposessions in the six months up to June. (Photo: EPA / Andy Rain)

The latest monthly figures from Nationwide BS show a rise in January prices of 1.2%, making a total rise of 8.6% since January 2009.

This figure could top 10% in February.

It will be the first time a 10%-plus annual rise has been recorded since May 2007.

A further confidence-booster for the market came when the Building Societies Association (BSA) reported gross lending in December of £1.8 billion, a significant rise on November.

Although, the increase might have been caused by buyers keen to qualify for the Stamp Duty 'holiday' on homes between £125,000 and £175,000, which ended on December 31.

Nationwide chief economist Martin Gahbauer says: "The rebound in the housing market - and particularly house prices - has gone some way beyond the recovery in the overall economy."

"This is a reversal of the picture in 2007-8, when the housing market deteriorated much more quickly and at an earlier point in time than the wider economy." Nationwide thinks the housing market has been held up because pay restraint has helped to keep most people in their jobs, and low interest rates mean relatively few households have come under pressure to sell.

However, Gahbauer says a confident and upbeat view of the housing market is based on the assumption that interest rates will stay low until late 2010.

It is possible, however, that this recession hasn't produced spare capacity in the economy which has been a feature of previous slowdowns, and inflationary pressures may therefore already be much stronger.

If so, rising inflation could bring rate rises forward by several months.

However, homeowners across the country could be in for a nasty shock if they assume that their homes have risen in value again by nearly 10% in the past year.

What seems to be happening is that the shortage of supply in more desirable locations is forcing prices up enough to distort the statistics.

Hometrack, the housing market data agency, says the small rise in prices in January was caused by prices rising in just 7% of postcodes.

Hometrack director of research Richard Donnell says: "It is worth noting that the average

price of property in rising markets is 35% higher than that of the national average (£212,000, compared to £157,000).

"This highlights how pockets of the market, where scarcity of supply and equity-fuelled demand are creating upward pressure on prices.

Donnell thinks more than 10 million households either have no mortgage, or a small one.

Some of these people see this as a good moment to chase higher value property in better-off areas - causing a "resulting skew in transactions which has led to the general health of the housing market being overstated".

Donnell reckons only three regions - Greater London, South East and South West - are seeing price rises. Everywhere else, he says, has static prices.

The tale for homeowners is even more cautionary in the recently released Land Registry data.

It puts the average purchase price for a home at £161,783, not far from Nationwide's £163,500, but the Land Registry says this represents a rise of only 2.5% in the past year, or 0.1% in the past month.

In the past year, it says, regions seeing strongest price rises include London (up 6.1%), South East (5.6%), East (3.2%) and South West (3%).

West Midlands is up 2.1%, East Midlands by 1.9%, but there have been falls in the North East (0.9%), North West (0.9%) and Wales (-2.5%).

The Land Registry says biggest risers in the past year were Richmond-upon-Thames (up 6%); Ealing, West London (up 3.4%); Wokingham, Berkshire (up 3%); Barnet, North London (up 2.7%); Calderdale, Yorkshire (up 2.3%); York (up 1.9%) and Swindon (up 1.7%).

However, there were losses too, headed by Knowsley, Liverpool (-17.3% during the year); Barking & Dagenham, East London (-14.5%); Middlesbrough (-11.4%); and Liverpool (-10.9%).

Other big losses were seen at St Helens, Lancashire (-9.3%); Hartlepool (-9.6%); Kingston-upon-Hull (-9.2%); Salford, Greater Manchester (-8.8%); Neath/Port Talbot, South Wales (-8.7%); Bradford (-8.5%); Barnsley, South Yorkshire (-8.4%); North-east Lincolnshire (-8.1%); Oldham (-8%); Vale of Glamorgan (-7.3%) and Durham (-6.8%).

TPN/PAF

IRS 2009: Expenses nº 6: DONATIONS

by Dennis Swing Greene

Tax Credits for charitable gifts for individuals are based on the "Estatuto de Mecenato" (Patronage Statutes), which divides contributions according to the nature of the receiving charity. The amount of the gift is enhanced for tax purposes by a stipulated percentage, and then a tax credit of 25% is conceded on that amount as follows:

In this series of articles, we examine in depth different areas to show how to substantially reduce the tax that you owe:

- 1) Tax Credit Summary
- 2) Medical
- 3) Education
- 4) Housing
- 5) Insurances
- 6) Donations
- 7) Disabilities

QUESTIONS & ANSWERS:

I give regularly to my church. Do I get any tax relief?

Yes, but only if you can substantiate your gift with a proper receipt. In other words, if the coins or bills that you put into the collection plate cannot be substantiated, they would not ordinarily qualify. On the other hand, if your church issues you a receipt, you can report 130% of that amount and receive a tax credit of 25% of that amount. It goes without saying that such a practice would be both in the best interest of the church as well as the donor.

I want to make a donation to a charity but I do not know if the organization is formally recognized. Can I still get my tax credit?

Yes, if your gift is less than €498.80, the organization is not required to have previous recognition. However, in the case of an audit, it must be able to qualify, so make sure that it conforms to the spirit of the law. **I give to charities in my home country. Can I claim these contributions here in Portugal?** No, tax credits are only for Portuguese-based entities. If you

CHARITABLE GIFTS (Estatuto de Mecenato - DL 74/99 de 16.03)		
Type of Organization	Amount Considered	Tax Credit
• State • Autonomous Regions (Azores/Madeira) • Town Councils • State Foundations • other recognized Foundations	social solidarity: 140% educational, sports, scientific, cultural environmental: 120%	25% of donation (no upper limit)
• non-profit organizations* • cultural and sport centres (INATEL) • other recognized private charities*	130%	25% of donation (up to 15% of tax due)
if charities support social solidarity: 1. infancy, old age 2. addiction, aids, cancer, diabetes 3. social reinsertion, job opportunity	140%	25% of donation (up to 15% of tax due)
• cultural associations; cooperatives* • museums and libraries* • environmental organizations* • sport associations*	120%	25% of donation (up to 15% of tax due)
• religious institutions*	130%	25% of donation (up to 15% of tax due)

* Organizations must be registered and recognized for any donations to qualify for tax credit, except if gift is less than €498.80

are giving to an international organization, it must have an office in Portugal in order for the donation to qualify for a Portuguese tax credit.

Next: Tax Benefits

Dennis Swing Greene is Chairman of the Board and International Fiscal Consultant for euroFINESCO.s.a. Private consultations can be scheduled at in Guia (Albufeira) 289561333,

Lisbon (Chiado) 21342421 and in Funchal (Sé), Madeira 291221095, by e-mail at info@eurofinesco.com or on the internet at www.eurofinesco.com.

European study says e-Invoicing will revolutionise the way we pay bills

Within five to eight years structured e-invoicing will become the predominant invoicing method throughout Europe according to the final report of the Expert Group on e-Invoicing.

Building on the report's recommendations, currently under public consultation, the European Commission is organising, jointly with the Spanish Presidency, a conference on 'Electronic Invoicing in Europe' in Madrid on 27 and 28 April 2010.

The discussion and debates at the conference will contribute to the Commission's assessment of the different options available to facilitate the emergence of an interoperable pan-European e-Invoicing environment.

New Cascais hospital opens

On Tuesday this week the new Cascais hospital, Hospital de Cascais Dr. José de Almeida, in Alcabideche, which has been described by Cascais Mayor as "the most important project of the past few decades", was inaugurated.

During the inauguration ceremony Mayor António Capucho (PSD/CDS-PP), told the press "this is a most important medical facility and the most decisive investment that has been made in the country in the past few decades".

"Problems will not end because they are not restricted to only a hospital, but this precious

instrument will afford the population its basic needs".

António Capucho addressed the past "eight years of struggles" and recounted the fight that was faced to replace the previous "degraded and ill-equipped" infrastructure and create a new hospital, officially inaugurated this week, two years after construction started, in a ceremony attended by Prime Minister José Sócrates, Health Minister Ana Jorge and Finance Minister Fernando Teixeira dos Santos.

With a catchment area of 285,336 inhabitants, the new Cascais Hospital will cater for medical specialties, surgery, and offer mother and baby care as well as being equipped with a medical-surgical emergency department and an Intensive Care and Recovery unit.

Its mother and baby care de-

partment will serve all of Cascais' parishes plus eight Sintra parishes, these being Algueirão Mem Martins, Colares, Pêro Pinheiro, São João das Lampas, São Martinho, Santa Maria and São Miguel, São Pedro de Penaferrim and Terrugem.

On a yearly basis the hospital is expected to carry out 235,000 consultations, 98,000 admissions, and 10,800 surgical procedures.

Other medical specialties the unit will cover include internal medicine, cardiology, neurology, gastroenterology, pneumology, dermatology, paediatrics and psychiatry. General surgery, orthopaedics, urology, ears, nose and throat, ophthalmology, obstetrics and gynaecology are other specialties the hospital will cater for.

It comprises 272 beds, two per room, six operating theatres, 10 birthing rooms, and 26 consultation rooms.



Inauguration of the new Cascais Hospital, in Alcabideche, February 23rd 2010. (Photo: Tiago Petinga/LUSA)



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Thirteen left homeless after building collapses

Thirteen people were left homeless after part of a building in Alfama's historical neighborhood collapsed, forcing the municipality's Civil Protection bureau to relocate 13 of the building's residents.

Known as Palácio Dona Rosa, the palatial-like old building was home to five families, thirteen people in total. There were no injuries reported after part of the building caved in during the early hours of Sunday morning, though a temporary relocation plan has been drawn up for the families, who were evacuated as a result.

Technicians from Lisbon Town Hall are to carry out further investigations to better

evaluate the extent of the building's degradation, as well as meeting with owners and tenants to establish the main problems.

Visually run down from the outside and dilapidated inside, the building is believed to date from the 17th Century and is locally renowned for its architectural beauty.

The extent of the building's old age finally took its toll when the wall in an apartment inhabited by a couple completely disintegrated. The couple described the incident as sounding "like a bomb had exploded".

All 13 of the people removed from the building were given shelter by Lisbon's Santa Casa de Misericórdia.

Pay-as-you-go 'SmartPark' cards now on sale

Rechargeable individual parking cards, an alternative to paying parking metres in Lisbon, were launched for sale on Tuesday this week after a series of setbacks due to bureaucratic issues. Lisbon's Municipal Parking Company EMEL said around 500 cards had been pre-reserved prior to their launch.

The 'SmartPark' can be ordered online or purchased in EMEL offices and cost €32 each. A fee is deducted each time the driver parks their vehicles in an EMEL designated parking

space in the city.

According to EMEL, more sales points will be established in the near future, in the Calçada do Combro, Lusiada, Carlos Lopes, National Library and Parque Mayer car parks.

In a third phase of sales EMEL intends to extend sale points to all over Lisbon.

The card functions by a fee-deduction system after being inserted into a SmartPark machine upon parking. Three to four thousand of these will be placed around the city.



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Remembering my Parents

Some spiritual teachers say we pick our parents. If that's true, then I chose well. Both my mother and father were generous, intelligent and supportive. They loved my sister and me almost unconditionally and raised us with an emphasis on excellence in education above material or social status. I think of my parents especially hard at this time: my birthday week. Every February 20, I have a ritual that goes like this: on my birthday morning I look to the top shelves above my books where I have placed "pictures of the ancestors." I select photos of my now deceased mom and dad, one of her in a lacy wedding dress; another as they are about to board a flight to San Francisco in the early days of TWA Airlines; and one of my good-natured father holding a martini, the only drink he ever allowed himself to indulge in. I place the photos on a table near my desk and talk to them, updating them

on events in the year that has passed (my married life with Don, teaching in China, learning to play golf, a game my father adored). I finish with a special "thank you" for the privilege of growing up with them. To conclude the ritual, I write them an intimate letter with sentiments too deep to verbalize, seal and place it under their photos and only reread it on my following birthday.

Of course I can't confirm that they ever hear or read my words, but somehow I believe they do. On the evening after I've celebrated one more year, I feel their presence more deeply than throughout the year. Last weekend my birthday fell on a Saturday. The next day I visited my godchildren and grandchildren, as I do every Sunday, at the SOS Village in Bicesse. This visit was especially poignant. I brought the children Portuguese palm leaf cookies and chocolate cake from my birthday celebration. My original godchildren, now almost young adults

brought me special gifts and a card signed by them all. Susanna, the oldest girl, (all names changed) said, "We think this pink scarf will look good on you." Paulo gave me a silver framed photo of himself, handsome enough to be a model. Plus there was a green scented candle that smells too delicious to burn. As I opened the gifts, with four of the six sitting next to me, I could tell by their silence that they had selected the gifts with care, and they wanted me to like them. The much younger children, also in the room, seemed uninterested. Nevertheless, I always try to impart the same values I have transmitted to the older ones, stressing the importance of caring for each other and getting a good education, including learning English. Life for the average Portuguese can be a challenge, and children with no biological parents are tested even more severely. Ricardo, age 8, is a rowdy boy, restless and probably brighter than the others. The first day I met him he said to me, in Por-



Westheimer

tuguese, "Patricia, when you speak in English, I can understand you." He told me he learned from watching TV and from the songs he hears with an MP3 shoved into his left ear. That's why I felt so sad last Sunday when he confessed that he received a "negative" grade in English last term. "But why?" I asked. "Because I can't read in English." (I'm not even sure if he reads well in Portuguese.) On the way home from the Village last Sunday I vowed to get him some extra help, to turn his negative into a positive grade, the way my parents would have helped me.

patwestheimer@gmail.com

Killer lorry joy-rider gets four years

A young man who in 2009 stole a lorry and caused chaos by driving dangerously throughout the streets of Lagos, resulting in the death of a woman, was sentenced by Lagos Tribunal to four years in prison for his actions.

João Soares Martins, 22, was originally accused of 19 crimes, including one charge of murder, three for damage, seven charges of dangerous driving, and five for simple physical offences, though was eventually sentenced on just five charges.

The Courts decided to absolve him of the charges of murder and damage and sentenced him based on charges of theft, resisting arrest, dangerous driving, assault and physical harm through negligence.

João Martins was further instructed to pay a fine of €1,000 for reckless driving.

Defending lawyer João Grade dos Santos said he did not agree with his client's sentencing and would appeal.

The incident occurred in 2009 when the youth jumped behind the wheel of a lorry belonging to a civil construction company where he worked and drove recklessly throughout the streets of Lagos for 18 minutes, at high speed, and was only stopped after hitting a wall.

As a result of the incident, a number of vehicles were damaged.

João Grade dos Santos was absolved of murder after the courts decided that the death of 46-year-old Rosa Patrício, who died after being hit by the lorry, was caused when another person grabbed the steering wheel and caused it to veer in the victim's direction.

He was absolved of criminal intent after the Courts also ruled that he did not set off with the intention of causing damage.

Photo right: João Soares Martins at the beginning of his hearing at the Lagos Court House on 21st January. (Photo: Lusa / Luis Forra)



Fugitive arrested in Portimão

The 28-year-old man had been handed a prison sentence for drug trafficking though managed to escape from jail in Lisbon.

He has been running an unknown type of establishment in Portimão, under a false identity.

Faro PSP police also confirmed that a 30-year-old woman has been arrested for continuing to run a business after being issued a notice for its closure.

Also in Portimão on Sunday PSP police arrested a 38-year-old man who was in possession of 50 individual doses of cocaine which he was caught red-handed trying to sell to a group of addicts.



A condemned man who has been on the run since 2007 after escaping from jail in Lisbon was caught in Portimão last week where he had been running a business under a fake ID.

Meanwhile, in Faro, a 50-year-old male believed to have been responsible for a series of robberies and muggings has been caught. Many of his victim's possessions were found and returned.

And to conclude the weekend's arrests in two of the Algarve's largest cities, a 22-year-old woman, also thought to be responsible for several robberies was detained and is being investigated.

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Praia da Rocha residents protest

Around 150 people gathered outside Portimão Courts last week to demand a rapid decision from the Courts regarding a lawsuit put against the owners of the Torre Verde 3 Castelos tourist development, located in Praia da Rocha.

The protesters are all owners of timeshare properties at the 3 Castelos building, and have not been able to use their apartments for three years now, since the building was closed. The Torre Verde 3 Castelos was closed three years ago as the building required renovations, namely the installation of fire-retardant doors and emergency fire escapes. The owners did not want to carry out the renovations, even after the owners had offered to pay a fee in order to ensure the changes were made, and the building was closed, despite not being officially ordered to close by the General Tourism Inspection Board.

A lawsuit was filed against Holdigeste, Realimo and Multiger with Portimão Courts on December 6th 2006 but the timeshare owners have still not

received any answer.

"We want the Court's decision to be rapid, in order to reopen the building and/or receive compensation for our losses. Today there were people from all around the country. Those properties are ours, and we were able to arrange exchanges with other developments. With this situation, we have lost that right, and if we want to stay here, we have to pay the rental for another apartment" said one of the protesters, António Dinis Bento.

They were later received by a secretarial employee of the Courts, who accepted the document, which demands rapid processing of the case.

The protesters have said that they may employ a more radical approach if they do not receive an answer in the near future.

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Fuzeta Island demolitions to start in March

State Secretary for Territorial Ordaining and Cities, Fernanda do Carmo, this week confirmed that the demolition of the buildings on Fuzeta Island, where dozens of homes have already been rendered uninhabitable by rising sea levels, will commence as of March.

"After the current inclement weather cycle is over, which should happen around the beginning of March, we will proceed to the immediate removal of all existing debris, including that fixed in the ground as well as the debris at the bottom of the river, before demolishing the remaining buildings", she told reporters during a visit to the Island.

Some of the buildings are still fully intact but will still be brought down as they are expected to disintegrate over the coming years.

The work is part of the Plan for Coastal Ordaining (POOC), which also includes improving dunes along the coastline.

It is hoped, State Secretary Fernanda do Carmo said, that the whole procedure will be completed by the end of April, to "guarantee that there is as little interference as possible with beach activities and tourists, who are very important to the region".



Five metre waves and rough seas destroyed houses on the Island of Fuzeta on February 16th. (Photo: Lusa / Luis Forra)

Swine flu coma victim makes 'miracle' recovery

A 30-year-old man who had been in a coma since August last year, after contracting the A H1N1 virus, has astonished staff at Faro Hospital by making an unprecedented clinical comeback that is now being studied and documented.

Renato Pedro had been in Faro Hospital's Intensive Care Unit (UCI) since August 26th. Surprised medical staff are now documenting his recovery from the coma, during which he suffered several life-threatening implications.

Faro Hospital director Helena Gomes said, "he has been through very complex situations, from cardio-respiratory failure, to multiple organ failure"; situations that have now been overcome.

"This situation is atypical. On many an occasion it has left us

very perplexed when trying to find answers. We are documenting the whole situation, from registering daily clinical assessments, using photography and tests, because the outcome has been completely unexpected and atypical", she said.

Helena Gomes explained that the patient has been out of a coma "for several weeks" and that the situations that led to "multi-organ failure" had been overcome.

But it has been stressed that, due to the implications of multi-organ failure, there are other clinical

factors that now must be assessed, like brain damage, which currently cannot be examined as "it is not possible to carry out a complete neurological exam".

Medical tests so far have shown that the patient is responding to orders; he understands them, can read, but cannot as yet verbally answer. There is also no active movement in his hands, arms, or lower limbs and his respiration is unstable.

Nevertheless, Faro medical staff are hoping his recovery

will endure, and have said they will be "communicating their findings to colleagues in other countries".

"We are all working to get his movement back, so that he will once again be able to eat, swallow, talk, move, and voluntarily control his gestures" Helena Gomes said, claiming she was "confident of a progressive recovery".

She "presumed" that the study and documentation of Renato Pedro's recovery would be used in helping others with the same condition.

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APAA Pancake Day Fun

The Pancake Day Races on the beach in front of the Hotel Garbe, Armção de Pêra, were sabotaged by high winds and a very high tide. However, Plan B was put into action and we all enjoyed an impromptu Beetle Drive.

Despite the howling wind outside there was lots of laughter inside with cries of "Beetle!" ringing out. Elsa Barrego, of ADAP animal charity from Portimão, won the first prize hamper in the Beetle Drive with the indomitable Carole Good-Dixon picking up the third prize wooden spoon, her niece having taken the second prize bottle of wine.

The Hotel sold wonderful pancakes and very generously

gave all the profits to APAA. An APAA stall sold marmalades, chutneys, books and sundry small items. The tombola was a great success, with some lovely prizes to be won. Despite the awful weather everyone had tremendous fun and helped to raise €420 to be used in animal welfare.

There will be another opportunity to enjoy a Beetle Drive at 6.30pm on Saturday 27 February at Café-Bar Bacchus, Porches Pottery on the EN 125. Tickets costing €10 for members and €12 for non-members include a two course dinner and coffee. This event is limited to 32 people so please ring to reserve. Contact Jenny on 919 041 903 or Pat on 918 550 355.



Elsa Barrego picking up first prize in the Beetle Drive

Charity Bike Ride

ACCA is pleased to announce our first ever Charity Bike Ride to help children in need in the Algarve. All the proceeds from the ride will go towards local children and we are hoping to raise at least €5000. But we need your help.

It's quite simple. You ride 50kms and you raise a minimum of €50 sponsorship (that's a mere €1 a km). It will be taking place on: Sunday 2nd May – leaving from Quinta Shopping at 1.30pm

It is open to everyone over the age of 16. All you need is a bike, a helmet (although both can be hired for the day), a reasonable level of fitness and quite a bit of determination.

The route will be a circular one with pit stops along the way. It won't be too hilly or too rough but you should feel like you have earned a drink (or two) by the time you get back!

Advice and training is available from Activity Algarve (professional organisers of group bike rides across the Algarve). A special training schedule is open to all participants starting 6 weeks prior to the ride and it is advisable to do at least some training so that you don't find it too much of a shock on the day.

Pre-registration is required and will cost €20 (this goes towards the target €50 sponsorship though) and ensures you a place on the ride, a full information pack with advice on training, a T-shirt and a drink and snack on completion.

For further information, sponsorship forms and to book your place, visit www.accakids.com/news Alternatively email sam@accakids.com or call her on 914665870.

Samantha Diamond

Bike rides

Saturday 27th February 2010 - Movers

Starting Point: Alte - Parking on Av 25 de Abril, leading up from the cemetery roundabout to the town centre

Lets meet here at 09.45 am
Start Time: 10.00am
Ride Details: This will be a moderately challenging ride mainly on tarmac roads in the hills around Alte, a fairly hilly and challenging ride, but there will also be a cafe stop.

Sunday 28th February - Shakers

Starting Point: Albufeira Marina :- Parking on Alameda dom Carlos, by the shops and cafes on the street level above the Marina.

Lets meet here at 09.45 am
Start Time: 10.00am
Ride Details: This will be a fairly gentle ride on tarmac roads and

also some dirt tracks, heading along the coast towards Armacao de Pera and then inland towards Algoz, heading back via Guia and returning to Albufeira. There will also be a cafe stop.

Bike Hire - Transport

If you need bike hire or transport, then please do let me know in advance so that this can be arranged. I will aim to be at Bikeland from around 09.00 am to 09.15 am on Saturday and can carry hire bikes and several passengers. Bike hire for Sunday needs to be booked in advance as Bikeland is closed on Sundays, if anyone needs a bike then please let me know and I can collect it on Saturday & return on Monday. Anyone needing transport on Sunday please let me know.

Paul Beesley, 913 226 954



Tagus Golf Competition

On Friday 19th February, the Tagus Golf Society held its first competition of the year at the Estoril Golf Club. In anticipation of possible bad weather, the Newstead Cups are played for in Greensomes format with teams of 2 players playing alternate shots. The course is suffering from the unusual amount of rain that has fallen over the last few months so the balls were landing heavy and there was no forgiving roll to give that extra distance. Luckily the sun shone for most of the morning so spirits were high – as were the final scores!

The winning team, Derek McIvor/Henk Vaandrager, man-

aged to return a score of 76 points, followed by Margot Zimmerli/Peter Dekker, Anita Beselin/Hilario Sanches and Hans Mühlenbeck/Richard Betts all with 77 points. Hans Mühlenbeck, this year's Captain won Nearest the Pin and the Longest Drive prizes were won by Fernando Oliveira and Karin Dekker.

In the evening a gourmet experience at the Vin Rouge Restaurant in downtown Cascais titillated the taste buds of the assembled gathering after the new Committee had welcomed the members with a champagne reception. The next competition will be held on Friday 19th March.

Walking in the beautiful Algarve

Let's Walk...

...to the Arade Barragem

Wednesday March 3rd
This 2.5 hour circular walk will take you through the foothills and around to the Barragem which is full to overflowing.

10.30 am start meet at the Cafe Pescadores. From Silves take the road towards Messines, after 3km you pass an old abandoned factory on the right, 500m further on turn left towards Pinheiro and Garrado. After 300m the road bends left and the cafe is on the corner.

...from Purgatorio/Paderne

Saturday March 6th
This is a great and really interesting walk on the Barrocal where the spring flowers should be appearing. The walk is 2 hours long and there is one short but gentle climb but the views are worth every extra puff.

1.30pm start meet at the entrance to Purgatorio. From the A22 take the old Lisbon road IC1 and then the first exit for Tunes and Paderne and at the t-junction turn right. Follow the road for about 5km passing under the motorway and you arrive at another t-junction where you will see the Purgatorio sign. We will meet here (there is a cafe 20m to the left)

All are welcome to come along - there is no need to book (there is a charge of 5 euro per walk which includes a donation to charity). Please wear comfortable shoes, bring some water and a sense of humour!

If you require more details please call: Julie Statham 965 753 033 / 922 244 242 or www.portugalwalks.com
Diary date: Sunday March 21st
10.30am - Let's Walk with our dogs - charity walk from Figueira

Algarve Walking Experience
Longer Walk

Walk for Saturday 27th February
Meet at Alte at the Fontes car park, cafe just over the bridge. 9.30am start of about 4 hour walk with good tracks, coffee stop, easy walk. 5 euro pp Tel 912715835 or mail info@algarvewalkingexperience.com

Boots & Routes

Saturday - February 27th "The Deserted Village"

This walk takes us through the lovely countryside of Loulé/Boliqueime, leading us to a deserted hamlet and across olive and almond groves. Once we have reached the Pedra D' Agua heights with its ruined windmill, we will enjoy lovely views to the northern hills and down to the ocean shore line.

It is a slightly challenging walk of about 7-8 Kilometers (2 1/2 to 3 hours) with ascents and descents of 50/120 meters. There will be several delightful spots along the way to take a rest, have some refreshments and enjoy Christian fellowship.

We meet between 10:00AM to 10:15AM at the church car park of the International Evangelical Church of the Algarve in Vale Judeu, near Loulé, or, if it is more convenient for you, in front of the "Bar Pontes",

on the Loulé-Boliqueime Road (N270) at 10:30AM.

As always: please bring a hat, sun cream, rain gear, some food and drink, a smile and a friend! Sturdy walking shoes recommended. Mary Moore will lead this walk; if you need more information, please call Mary at: 289 416 199 or Hanna at: 917 765 305

East Algarve Walks Tuesday & Friday mornings

For more information contact Brian: 913 595 868, brian@moonlightservices.eu, www.moonlightservices.eu

A successful fund-raising lunch for the Bombeiros

An event was held on 16th February 2010 at Quinta dos Areões with the aim of raising funds for the Lagos Bombeiros. It was organised and sponsored by three local businesses: Tiffany's Riding Centre, AB Cameron Sistemas de Segurança Lda and Restaurant Quinta dos Areões.

The event was well attended with many in fancy dress but all with the spirit the organisers had hoped for.

Following an excellent lunch there was a parade by those in costume and two judges drawn from the assembly awarded prizes to the best dressed lady, best dressed man and best dressed under-18 year old. This was followed by a very entertaining and high fund raising auction.

The 'auctioneer' for the afternoon was Mr Ron Palmer-Hall, who rose to his position with

gusto and used his mastery of the English language to full effect. At one stage a bidding war broke out over a handmade jade brooch – this item alone raising €150. In all, the auction raised €500.

Over the whole event in excess of €1,000 was raised for the Lagos Bombeiros.

The organisers would like to extend their heartfelt thanks all those who attended the lunch, those who donated to the auction, those who gave monetary donations and all who helped to make this event a success. We have raised a useful amount of money for a very worthwhile organisation which the Bombeiros can put to good use when they are helping the community.

Another event will take place later in the year for which the organisers hope to have continued support.

Bowls Algarve

Firstly two matches to report played mid-week at Valverde, as they had other commitments on the due date (24th February). PDF Crusaders travelled to play the Vulcans and continued their good season with a 61-44 victory and six points to two. Pedras Panthers took on the Valverde Vikings, and the Vikings won by 49-35 and took six points to two.

Matches Played 20th February
Greens put Cats in a Flap, Vikings cage the Tigers

The big match of the season saw top of the table Alvor Greens take on the ABC Cats, currently in second spot. Cats had thrashed the Greens at Albufeira earlier in the season and Greens were out for revenge, which they duly got by winning comfortably 79-34 and taking six points to two. The Greens thereby tightening their stranglehold on the league leadership.

In an all – Alvor clash, the Gladiators went down to the Harlequins by 61-49. Harlequins earning five points and the Gladiators took three. PDF Crusaders continued their winning ways with a 53-46 home win over the Amendoeira Nuts, taking an-

other six points to two. Crusaders therefore close up on the Cats in the race for second spot. PDF Sinners also had a comfortable home win, defeating the Pedras Panthers by 62-39 and earning six points to two for the Panthers.

Valverde Vikings have had an up and down season, but got back on course today with a 67-38 win over the visiting Tavira Tigers. Vikings also swept up all eight points. Finally, the Alvor Amigos were at home to a weakened Valverde Vulcans side. Amigos running away with the game 71-28 and six points to two.

The league table shows Greens with 117 points and well clear of the chasing pack with four games to go. Cats remain second on 95 points, although the Crusaders are closing fast on 93. Harlequins remain fourth on 84, whilst Gladiators have 82 in fifth. Vikings move up several spots to sixth with 78 points, Tigers have 74 and Panthers are on 71 points. It is as you were in the bottom spots, Amigos now have 62, Sinners have 55, Nuts are on 43 and finally the Vulcans remain on 24 points.

Alan Clarke – League Director

March AAA Lecture

The first meeting of the day will be held at The Museum, São Bras at 2.30. The second meeting will be at 6.30pm at the Convento de Sao Jose, Lagoa.

Our Speaker for the day will be Jonathan Wilson. His Lecture is entitled The Siege and Conquest of Silves 1189.

July 1187, Saladin's troops annihilated the Frankish army at the Horns of Hattin in Palestine. The Sultan marched triumphantly into Jerusalem less than three months later. In Rome, Pope Urban 111 dies in grief. His successor proclaims the Third Crusade. Responding to the Pope's call, a fleet of crusaders embarked from the River Weser in Northern Germany. They arrived in Lisbon, heard of battles in Silves and, at the request of the King of Portugal, the fleet set sail for the Algarve.

Hundreds of years later in 1837, an Italian academic bought a battered and anonymous text in a market in Aix-en-Provence, France. The text would become

known as "The Codex of Aix". Written in Medieval Latin, the text told the story of "The Siege and Conquest of Silves". Our lecturer has translated the text into English and will present an illustrated story of the momentous event in the history of Portugal.

Jonathan Wilson practised commercial law in London before moving to live in Silves in 2000. He holds degrees from Wales, London and Cambridge Universities.

This is a lecture that has all the right components. It is a lecture not to be missed. Our lectures are open to non members at a charge of 5 euros.

Should you wish to participate in a meal before the lecture in Sao Bras, please telephone 917 26 79 48. The meal after the lecture in Lagoa will be arranged at the lecture.

Please remember that the AGM of the AAA will be held on 11th March.

For further information telephone Maxine on 917 26 79 48.

Fund raising events for RDA Barlavento

Riding for the disabled in the Barlavento area is a voluntary organisation which supports students from NECI in Praia da Luz and Santa Amaro in Lagos. At present we have 24 students who benefit from our activities which we hope to expand on in the near future.

We held a very successful dinner recently at the Mirage restaurant in Luz which raised 344 euros toward our funds which provide for disabled people to benefit both mentally and physically from horse riding sessions with qualified instructors.

9th of March at 10.30 we are holding a coffee morning and bring and buy home produce sale at the home of Sarah Roland at Albardeira. Lagos Tel. 962 192 710. €5 per person for coffee/tea and cakes.

If you bake or make please come along and bring a contribu-

tion or just come and enjoy good company.

Saturday 1st May: May Madness at the Tivoli Hotel Lagos. Are you ready for good food and live music from Class Act.

This will be the main fund raising event for AEAB/RDA Barlavento for 2010 so we hope to have a lot of people coming to support and have a great night dancing the night away.

The price will include dinner and wine with coffee and liqueur.

Put the date in your diary now more information coming soon.

contact Heather Wells 282 687 517 Sarah Roland 962 192 710 Margaret Gobby 912 823 807

June will be a quiz night in Almada with curry supper to follow. Date to be given later. There will be other events later in the year and we will keep you informed.

Frank Bulmer

End Polio Now

Almancil International Rotary Club (A.I.R.C.) has for the last three years kept a pig. The function of the pig is to assist in providing funds for a variety of charitable purposes. It becomes obvious when you meet the pig it is actually one made of china with a slot in its back and quite large. At the weekly meetings of A.I.R.C. it is introduced by its keeper Frits to all the visitors and to the members of the club for a donation. This has proved to be very successful in that over the period of its being the sum raised is six thousand four hundred and ninety Euros. Some of this money has been donated to the "END POLIO NOW" fund set up by Rotary International in its drive to finally eradicate this pernicious disease from the few

pockets in the world where it is still a daily fact of life. Rotary International has over the years been recognised in its leadership in the fight to eradicate the disease and this is the final push to achieve that aim.

The Rotary Clubs of the Algarve will come together to host an event open to all who wish to support this worthy cause at the Casino in Vilamoura on the 17th of April the full details of which will be publicised shortly.

In the meantime Frits Lubbers who is seen here holding the Pig is aiming to raise the record beating amount of 3000 Euros this year.

For further details of A.I.R.C. please see their website www.rotaryalmancil.org



OBITUARY



June Stevenson Pick October 1930 – February 2010

She was renowned for being the first to arrive at a party and the last to leave. It was this and other endearing exuberances that will be remembered most about June Stevenson Pick, who has died at the age of 79.

Her birth date - 31st October, halloween - set the stage for her colourful life. She trained as a dancer from an early age in her home town of Leicester and went on to teach ballet, tap and modern dancing at schools she ran with her sister, Avril.

As dedicated as she was to dancing, "she had time to do a bit of courting," Avril recalls. This led to marriage to an international accountant and many years of high-society living in the Caribbean tax-haven of Nassau in the Bahamas.

The marriage fell apart following their retirement to the Algarve in the early 70s, but June was to find a new and more devoted relationship with her second husband, Roger Stevenson Pick. Among other things they enjoyed a complementary sense of humour.

Behind her fondness for prudish English etiquette, antique silverware, ostentatious jewellery,

OTT haute couture and coiffured blond curls lay a Leicestershire lass with a disarming sense of fun. She once turned up a poolside party on a sun-drenched winter's day dressed in a white mink coat and matching hat. Cheeky comments from men would invariably be rebuffed with the warning that they were "cruising for a bruising."

The exhaustive partying continued apace until the untimely death in 2005 of her only child, Greenville, aged just 36. Deeply grieved, her dancing days were instantly over. Her ebullient behaviour mellowed all the more when she suffered a series of health set-backs. They culminated in her death in Barlavento Hospital on 12th February.

Family and friends gathered by her coffin in Lagoa's Misericórdia Church last week to pay their last respects. She leaves her husband Roger, sister Avril, daughter-in-law Suzanne, and grandchild Max.

An appropriate party of remembrance is planned, though no date has yet been fixed. June will be there. At the first in spirit, she will be the last to arrive and the last to leave.

Len Port

International Women's Day

International Women's Day is marked on March 8 every year.

It is a major day of global celebration for the economic, political and social achievements of

women past, present and future.

To commemorate this day the Hotel Garbe in Armação de Pêra is offering one free dinner with in each group of four women who dine in their restaurant on the evening of International Women's Day - Monday 8th March, 2010 Buffet Dinner with Wine - 20 Euros per person - Special Offer - Book 4 pay 3.

Do not miss this offer - book now - info@hotelgarbe.com Tel: 282 320260



Queen of cuisine

Suzanne Roles' still life studies have recently been exhibited at London's prestigious Mall Galleries and now she is one of several new artists whose paintings are on permanent display at Galeria Corte Real in Paderne.

An incomparable artist, after leaving art school she was the recipient of the Momart Fellowship, giving her a six-month residency at London's Tate Gallery.

During her illustrious career spanning almost two decades, she has specialised by painting culinary creations. Being particularly accomplished at representing gleaming fish and sensuous fruits, it is hardly surprising that Marks and Spencer's staged a major exhibition of her work entitled, 'Food and Feast.'

Invited to participate in numerous group shows her paintings have been admired in London at the Royal Academy of Art, the Barbican's Concourse Gallery, the Geffrye Museum and the Aldwych tube's 'Raw Gallery' show. For the last six years examples of her work

have appeared at Battersea's 'Affordable Art Fair.'

Her paintings have travelled to the USA where they have been seen at the d.f.n. Gallery, Manhattan, New York.

Rarely seen outside of Britain, a wonderful selection of her still life studies are exclusively on show in the Algarve. For art enthusiasts with a discerning eye, this is an exhibition that should not be missed.

Galeria Corte Real is set in a rambling farmhouse in the countryside near Paderne. It sells beautiful ceramics and other classical items of home ware.

Follow signs from Boliqueime, Ferreiras and Paderne. Open Thursday to Sunday from 11am until 5pm. Telephone: - 918 980 199 or 912 737 762.



Fundraising lunch

There will be a lunch in Carvoeiro to raise funds for Adrian Dixon's next visit to Lesotho where he will do more voluntary work to help the orphans in Pulane and Semenong.

The lunch will take place this Saturday and there will be two

sittings one at 12.30pm and the next at 2pm. The two-course lunch will cost €10 which includes soft drinks. Those wishing to attend should call Adrian on 282 358 273 or 96 527 5774.

Next week's issue will include Adrian's journal on his trip to Lesotho in 2009

Beetle Drive

A Beetle Drive is being held at the old Silves Cine theatre on Thursday 4th March.

2 Euros at the door and 5 Euros for a card of games. 7 for 7.30pm.

Its great fun and a good evening

out, prizes to be won and a grand raffle.

All proceeds to the Castelo de Sonhos

To book please ring 282 332 665 or just go along on the night.

CAMEROON

LET EVERYTHING THAT HAS BREATH
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Men, women and children are
all welcome at the
**WOMEN'S WORLD
DAY OF PRAYER**
presented by women of Cameroon
6pm Friday 5th March
Carvoeiro Clube de Teni
Carvoeiro
followed by a Finger Buffet

**UN International
Woman's Day**
7th March 2010 at 11am
Guest Speaker
Very Rev Dr Sheilagh Kesting
St. Andrew's Church,
Rua Arriaga 13
1200-608 Lisboa



Queues of people outside the employment centre in Sintra in March 2009. (Photo: Lusa / José Sena Goulão)

Thousands of jobs lost last year as northern tourism nose-dived



In northern Portugal last year, some 10,000 tourism-related companies folded and 36,000 jobs in that sector were lost after the industry took a nose-dive, brought on by the global economic crisis.

This was confirmed on Wednesday by Mário Pereira Gonçalves, President of the Portuguese Association for Hotels, Restaurants and other Related Companies (AHRESP).

Regarding last year's downturn he said "We predict that in 2010 these figures will continue

to rise. Not as much as in 2009, we hope, but many companies will close".

Faced with these figures the president of AHRESP admitted that, short term, "Serious social problems could arise" as "it is not expected in the next few years that the Portuguese economy will register an improvement capable of turning this situation around".

Speaking to Lusa News Agency, Mário Pereira

Gonçalves explained that many restaurants, cafés and snack bars located in the vicinity of businesses that have already closed are facing "serious problems".

To help resolve the situation, he proposed that the Government applied a reduced IVA tax of five percent to all hotel and restaurant services as well as drinks, which would be less than half of the current 12 percent IVA that is presently applied.

Portimão's Cardosas tunnel re-opens

On Wednesday this week the Cardosas tunnel, one of the main entry routes into Portimão, re-opened after having been closed for more than 42 hours for repair works.

On Monday one side of the tunnel was closed off to vehicles due to the collapse of a wall, brought on after a water pipe burst.

Despite affecting only one of the two directions through the tunnel, it was quickly closed off to all traffic so repair works could be carried out.

Works were completed during Tuesday night.

Every day thousands of vehicles use the 300-metre-long Cardosas tunnel to make their way in or out of the city.

Tourism chief asks for help in tackling crime

Mário Pereira Gonçalves, President of the Portuguese Association for Hotels, Restaurants and other Related Companies (AHRESP) has appealed to the Government to "rapidly" implement security measures to put a stop to the muggings, robberies and murders currently affecting national tourism.

"We have alerted the competent entities, namely the Ministry of Internal Affairs, about the rise in robberies and even murders, such as what happened in Sintra recently with one of our associates", Mário Pereira Gonçalves declared, speaking of the incidents that have "are so harmful to

the country" in terms of tourism.

The AHRESP chief also underlined the high number of muggings and robberies targeting foreign citizens in the Algarve, and claimed that "the Government must intervene quickly".

"We are a country that has grown in terms of tourism, but to continue growing we must be a safe country", he stressed, adding that in his opinion, "there must be more policing and more security".

"Today the majority of businesses have their own private security, but that is not ideal", Mário Pereira Gonçalves concluded.

Portuguese for Beginners



LESSON 27

Revision exercises.

⇒ Choose the correct word(s) - in a), b) or c) - to complete the sentences below.

- (7.00 am) _____ !
a) Boa madrugada b) Bom dia c) Boa noite
- Uma água sem gás, se faz favor.
- _____ !
a) Não tem de quê b) De nada c) Aqui tem
- Isto não é _____ lápis, é _____ caneta.
a) uma...uma b) um...uma c) uma...um
- A saia é _____ e os calções são _____.
a) branca...pretos b) branco...pretas c) preto...brancas
- A camisa vermelha não _____ lavad_____.
a) está...o b) é...a c) está...a
- O Mário e eu não _____ em casa.
a) estamos b) estou c) estão
- _____ a dividir por dez é igual a cinquenta.
a) Quinhentos b) Quinze c) Cinco mil
- _____ é o quarto mês do ano.
a) Maio b) Março c) Abril

- A cidade de Veneza _____ muito bonita e, durante o Carnaval, _____ cheia de turistas.
a) é...é b) é...está c) está...é
- Maria, _____ fome e sede?
- Sim, _____.
a) tem...tens b) tens...tenho c) têm...tem
- Um ano tem _____ estações.
a) quarto b) quatro c) quadro
- No jardim há uma pequena _____.
a) fonte b) lareira c) canteiro
- Na _____ há duas cadeiras rústicas.
a) despensa b) quarto c) sala
- Na cozinha há muitos _____ onde está a loiça - os pratos, os copos, as travessas, etc.
a) bancadas b) armários c) estantes
- Os talheres - as facas, os garfos e as colheres - estão nas _____.
a) gavetas b) prateleiras c) roupeiros

Please send your completed exercises with a **STAMPED, SELF-ADDRESSED ENVELOPE**, to me: Emília Rosendo at **The Portugal News** and I will return them corrected.
The Portugal News • Apartado 13 • 8401-901 Lagoa

OBITUARY

Derek Douglas

28/03/1948 – 19/02/2010

Well-known Algarve resident Derek Douglas died last week (Friday 19th February) in Scotland.

Derek was a "proud father and a very proud grandfather".

He had lived in the Algarve, a place he loved and called home, for nine years with his wife Rhona.

According to his wife, "He was a salesman all his life, loved to do a deal, known to others

as hard-working and full of life."

He was a respected member of the community and was one of the best and most consistent performers in his profession.

Derek is survived by his wife Rhona, his father Bill and also his son Glyn and grandchildren Carly, Ellie and Rory. He will be greatly missed by all who knew him.



Derek with his wife Rhona.

The Falkland Islands: Not Again, Surely?

Any day now a deep-sea drilling rig will arrive from Scotland and start searching for oil and gas in the North Falkland basin, about 150 km. (100 miles) north of the islands. Optimistic predictions suggest that there are up to 60 billion barrels of oil to be found around the Falklands. There might also be not very much at all -- but Argentina has begun issuing warnings and veiled threats again.

This may only be bluster, but Argentina has claimed the islands, which it calls the Islas Malvinas, for almost two centuries. The local population are all English-speakers, mainly of British descent, and back in 1982 the islands' economy was based almost entirely on sheep. The Falklands had no value -- but Argentina invaded anyway, because the military regime in Buenos Aires needed a boost in popularity and it looked like an easy win.

It should have been an easy victory for the military junta, because the islands are only 500 km. (300 miles) from Argentina and they are 13,000 km. (8,000 miles) from Britain. Moreover, Britain had substantially cut its military presence in the region, which suggested to the Argentine generals that it wasn't really committed to the islands' defence.

The British Foreign Office wasn't (and the foreign secretary of the time had to resign because of his neglect), but Prime Minister Margaret Thatcher certainly was. She sent a British task force to take the islands back, fought a two-month war at the end of an impossibly long supply line, and won. Which seemed, for a time, to have settled matters.

Argentina never did abandon its claim, and it never will. It has been drummed into many generations of Argentine schoolchildren that "The Malvinas are Argentina's", and the claim has become one of the pillars of Argentine nationalism. But defeat in the Falklands led to the collapse of the military regime, and subsequent democratic governments in Buenos Aires re-opened trade and travel ties with the islands.

Meanwhile, the previously impoverished islanders grew prosperous by selling licenses to exploit the rich fishing resources in the islands' territorial waters. Oil drilling got underway in 1998, but stopped again when the world

oil price dropped below \$10 per barrel. (Seabed oil is expensive oil.) The population grew by 50 percent, to the present total of 3,000. And all seemed well.

Things started to look worrisome again in 2007, when Argentina's then-president, Nestor Kirchner, unilaterally cancelled an agreement with the United Kingdom to share the exploitation of offshore resources including possible oil reserves. It would have prevented the current dispute from arising, but the political value of the Malvinas claim in Argentina is greater than the potential economic value of oil from the seas around the Falklands.

In response to the approach of the drilling rig last week, President Cristina Kirchner (the husband-and-wife team take turns in the presidency) decreed that all vessels travelling between Argentina and the Falklands, or those wanting to cross Argentine territorial waters en route to the islands, must seek prior permission. Unfortunately, nobody knows exactly what that means.

Since Buenos Aires insists that all the seas around the Falklands belong to Argentina, it could amount to a blockade of the Falklands. Her chief of cabinet, Anibal Fernandez, said the decree sought to achieve "not only a defence of Argentine sovereignty but also of all the resources" in the area -- and deputy foreign minister Victorio Taccetti said his country would take "adequate measures" to stop oil exploration.

On the other hand, Britain now keeps a thousand troops plus strike aircraft and warships in the once defenceless Falkland Islands: an Argentine attack on the drilling platform would not be easy, and another invasion is almost impossible. Nevertheless, William Hague, former leader of the Conservative Party, who is likely to be the British foreign secretary after the May election, is urging the government to reinforce the Falklands now.

"One of the things that went wrong in the 1980s is that the Argentines thought we weren't really committed to the Falkland Islands," warned Hague. "So, we mustn't make that mistake again. Our commitment should be very clear."

Maybe this is all merely a pantomime, but it's not just a quarrel about a comb. It's not really about potential oil resources, either. If it were, Nestor Kirchner would never have cancelled the Argentina-UK agreement on sharing the offshore resources. It's about holding power in Buenos Aires.

That was what really motivated the junta's invasion of the Falklands in 1982. There is an election due in Argentina next year, and one of the Kirchners is likely to run again. Another lost war would not be politically helpful, but a crisis could be very useful. We may be hearing more from the South Atlantic.

Jorge Luis Borges, Argentina's finest writer, dismissed the Falklands War of 1982 as "two bald men fighting over a comb," but it killed almost a thousand British and Argentine soldiers, sailors and airmen anyway. So what would happen if the bald men started fighting over something really valuable, like oil?



A British Military of Defence (MOD) handout photo dated 17 November 2009 showing Portsmouth-based Type 42 Destroyer HMS Gloucester being carefully watched by a group of King penguins while anchored off Grytviken, South Georgia. Britain has made 'all the preparations that are necessary' to protect the Falkland Islands, British Prime Minister Gordon Brown has said. However, the Ministry of Defence has denied reports that a naval taskforce is on its way to the Falklands. Argentina has brought in controls on ships passing through its waters to the islands over UK plans to drill for oil. (Photo: EPA/Lieutenant Owen Newton)

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- Policy covers public liability of £5m or €7.5m in regard to buildings and contents (traditionally, Portuguese policies provide minimal public liability cover)
- Loss of rent included following a claim
- Covers the purchase of your home during the period between exchange of contracts and completion
- Covers temporary accommodation following a claim
- Wider cover than a standard Portuguese buildings and contents policy
- Wider cover than a 'community' policy
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- Optional Accidental Damage cover
- Off-Property Cover available
- Policy available in either GBP or Euros - Claims paid in either

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Gwynne Dyer is a London based independent journalist whose articles are published in 45 countries.

Setting up a Home Network

You have just purchased a new PC and it looks great. You're ready to start using it, but all your programs and data are on your old PC. You need to transfer your programs and data to your new PC, move your printer, and setup an Internet connection.



Maybe it is time you consider setting up a network between your computers so you can share your network resources. On a short-term basis, you will need to be able to copy your data from your old PC to the new one. But perhaps you also want to use the colour printer that's connected to your old PC in the lounge or share your ADSL or cable Internet connection between them.

The good news is that most of the difficult technical work for setting up a network has become simpler with each successive ver-

sion of Windows. Windows XP and Vista have made the process of networking your Windows 98/98SE/Me computers simple. If you happen to have a Windows 2000 computer that you want to connect to the network, you'll need a little more effort to get it connected, but it's still not too difficult.

Networking Equipment

To make the proper connections between your PC's, you will need to have the proper networking equipment on hand. I will as-

sume you will be using wired methods to connect your computers. Using cables is simple if the computers you are networking reside in the same room. Keep in mind that running cables between rooms or different levels in your home can be difficult and messy, which is one reason wireless connections (Wi-Fi) have become so popular.

Because networking has become a standard option for nearly all PC's, I will assume each of your PC's is equipped with a Network Card. You will use RJ-45 connections on the back of your Broadband Router to connect all your PC's via network cables.

Equipment list

In case you are wondering what equipment you'll need, not to mention the cost involved, I compiled a small list: One Broadband Router (€60 to €120); one Network Card for each PC that will be connected by cables (less than €30; there is a good chance that your PC already has one); and one Network cable for each PC (price varies by length).

Making the Connection

Even though your PC's won't be able to recognise one another initially, you will need to connect

the PC's to the Broadband Router using the purchased network cables and then plug them into the back of your Router. In general, you should use the computer that has the newest operating system to set up the network. If you have a PC that runs Windows XP, but none that run Vista, use the Windows XP PC. If you have a Vista PC, use that PC when setting up your network.

Setting up a Vista network

Click Start, Control Panel, Network and Internet, and then click Network and Sharing Center. This window has all of the tools you'll need to set up your network. Any Vista PC's that are already connected to your router via network cables are already part of your network and are visible (click View Computers and Devices in the Tasks column to see them). Windows XP PC's may not be visible yet, but I will explain how to resolve that issue later.

If you have wireless devices that aren't connected to your network (and you have a wireless router or access point), you can add them via a wizard. Start by clicking Set up a connection or network in the Tasks column. When the Set up a connection or network window opens, click Set up a wireless router or access point. The wizard walks you through the process of configuring your router, making the network private, setting up file and printer sharing, and saving settings.

Setting up a Windows XP network

The easiest way to begin setting up a network is to use the Home Networking Wizard that Microsoft includes with Windows XP. To access this wizard, open the Start menu, click Control Panel, and double-click Network Connections. Next, click the Set up a home or small office network link in the Network Tasks list on the left side of the window. The wizard opens and begins to direct you through the setup.

Click Next and you will see the basic requirements for getting started. These include installing the network cards, modems, and cables; turning on all computers, printers, and external modems; and connecting the computer you are using to the Internet. Click next and the wizard will detect your network connections. If you have network connections that are disabled, you need to make sure the cables are connected and everything is turned on before you can proceed.

Click Next, and the dialog box asks you to identify how your computer connects to the Internet. Your choices include using this computer as the main connection and allowing all the other computers in your network access to the internet through this one compu-



Networking a Windows 98/98SE/Me computer

ter. This is a good choice if you don't have a router in your network. However, it requires your computer to run whenever another computer on the network needs to connect to the Internet.

I will assume your computer will connect to the Internet through what is called a "residential gateway (Router)." Click the option that says the Computer connects to the internet through another computer on my network or through a residential gateway and then click Next.

The next window recommends that you allow the wizard to find the connections for you. This is the easiest and safest method and is already selected for you. Click Next.

The wizard will ask you to enter a description and a name for your computer. The description can be as little as a word or as much as a sentence. Make sure your description actually does describe where your computer is located or what computer it is; this makes it much easier to find it or connect to it later on. You will also enter a name that consists of one word for the computer that identifies your PC on the network.

In the next window, the wizard asks you to supply a workgroup name. You can use the name Windows supplies or make up a name of your own so you can easily identify it. Click Next.

The wizard will then provide you with a recap of the information you entered. Review this information and make any corrections necessary. Once you've confirmed the entries, click Next.

Windows will apply the settings you specified. This may take a minute or so, but Windows will notify you when the changes are made.

Repeat this process for any other Windows XP computers you want to add to this network. Windows XP gives you the option to create a setup disk you can use for other computers in your network. This requires a floppy drive; creating a setup disk on a CD is not an option. If you don't have a floppy diskette drive, select Use My Windows XP CD and click Next.

Because we are already familiar with Windows XP's Network Setup Wizard, we will use any Windows 98/98SE/Me computers on the network. Note that the Windows XP CD setup procedure does not work with Windows 2000. Begin by inserting the Windows XP Setup CD into the PC you want to network. Next, open the disc's menu, click Perform Additional Tasks, and then click Set Up Home Or Small Office Networking.

A dialogue box appears, asking permission to install files on your computer and notifying you that your computer may reboot once installation is complete. Make sure no other programs are running on your computer and that you have saved all your data before clicking Yes. When the installation is complete, Windows instructs you to restart your computer. The Network Setup Wizard will automatically appear when Windows restarts.

The wizard will walk you through the same setup routine you followed to set up your Windows XP computer. Continue with the wizard, making the appropriate selections for your network connection, and enter a description and a name for this computer. When the Workgroup page appears, be sure to enter exactly the same workgroup name you used for the first computer. If you don't use the same exact spelling, the computers won't be part of the same workgroup and will not be able to connect to each other.

Step through the rest of the wizard using the same process as the first setup and click Finish. You will be prompted to restart your computer in order to put the settings into effect. When your computer restarts, the setup is complete.

Repeat this process as needed on all the Windows 98/98SE/Me computers you want to connect to your network.

Next week we will continue discussing home networking.



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2010 BMW 5 Series hits all the right spots



The BMW 5 Series is an impressive blend of performance and economy. With its world-wide unveiling having taken place in Lisbon on January 18th, the new 5 Series sedan is set to be a desirable purchase for executives worldwide.



Model: BMW 530d SE
 Engine: 3.0 litre turbo diesel developing 245 hp
 Transmission: 6-speed manual transmission as standard, driving rear wheels.
 Performance: Maximum speed 250 kmh, 0-100kmh 6.3 seconds.
 CO2 emissions: 166 g/km.
 Economy: 6.2l/100km.



Hopefully it's more than a happy coincidence that, since the launch of the 5 Series back in 1972, BMW has shifted roughly 5.5 million cars up to and including its fifth generation model. All the fives - nice.

The mid-size executive is a big deal for BMW. A staple breadwinner for the firm, there's a lot riding on the fortunes of this new sixth generation model.

BMW has rightly identified that cultivating a broad appeal is key to success in the hugely competitive executive market. This new, more sculptured and detailed design adds some welcome substance and road presence

without potentially alienating buyers. And the car's proportions look right, which helps when you're looking at what is a large vehicle.

This size translates into plenty of cabin space fore and aft. Although very much a car that is expected to be driven - Ultimate Driving Machine and all that - people will also sit in the back and be driven by someone else.

We've come to expect considerable year-on-year improvements from BMW when it comes to performance, economy and emissions, and with this latest 5 Series the German car maker doesn't disappoint.

With the firm's suite of Efficient Dynamics technologies playing an important role, buyers opting for the popular diesel-powered variants will be seeing useful savings with its stop-start feature for the 520d.

While the lion's share of models will be the super-frugal 184bhp 520d, the 245bhp 530d test car demonstrated an impressive blend of performance and economy, almost making the petrol alternatives redundant.

With more room inside the cabin plus a general upgrade of the standard equipment, both the creature comforts and safety kit, there are also more clever optional items to choose from. But you no longer have to dip into your savings for leather upholstery, as that's now standard along with a very nice audio unit, Bluetooth connectivity for your phone, parking sensors and cruise control.

The key optional highlights include an eight-speed automatic transmission, which replaces the default six-speed manual item. Smooth, predictable and available with steering wheel paddle shift controls, this is likely to be the gearbox of choice for many buyers.

Computerised suspension

offering different settings depending on your mood and the prevailing conditions reinforce the car's sporting character, while the variable rate 'active' steering delivers greater precision at speed without you having to saw away at the wheel. The four-wheel steer component enhances the car's agile nature by instructing the rear wheels to turn - only a couple of degrees, mind - to boost cornering ability on twisty roads, motorway lane-changing and urban manoeuvring.

Of all the various add-ons, this rear-wheel steer business really does make a positive difference. On the open road the big BMW no longer feels, well, big. It's more like an XL-size 3 Series. If you wish to combine executive comfort and luxury with the ability to occasionally have some fun away from the corporate jungle, it's a surprisingly shrewd investment.

Overall, then, the evolutionary path of BMW's 5 Series continues to impress. Despite the general trend for the dumbing down of the driving experience in some corners of the market, the sixth generation 5 Series cleverly combines a stylish and recognisable exterior with a spacious and classy interior plus retains the car's underlying selling point - the ability to entertain the driver.

Factor in the steps made to improve the engine range in terms of performance and economy, and the 5 Series is the rational purchase you can make with your heart.

With the 530d and 535i expected to be available to the national market on March 25th, the basic 520d will be arriving mid-August, simultaneously with the estate version of the model. The 530d model is estimated to cost around €71,000.

Source: (TPN/PA)

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There's no place like Rome!

Courtesy of airlines including TAP and easyJet, Rome is now a surprisingly affordable three-hour flight away from Portugal, yet arriving there is like leaping back into another era, like taking centre stage on a film set reproduction of the middle ages. Gastro and history-buffs will get more than their fill, as will culture-vultures, adventure seekers, and romantics. Any time of year, there's no place like Rome.

Travelling to anywhere in Europe mid-February does not inspire mental images of brilliant sunshine and warm weather by any stretch of the imagination – but one also does not expect the worst downfall of snow of the past 24 years! But, having packed in preparation for all variations of cold, layering clothes provided

adequate protection against the freezing white chill and no amount of snow could have dampened the spirits of a traveller about to discover one of the most historically important cities on planet earth.

Throughout history, Rome, the capital of Italy, has been one of the world's most powerful and important cities. Known as the 'Eternal City' or the 'Cradle of

Western Civilization', it was home of the emperor during the Roman Empire and is currently the modern seat of the Italian government.

It also takes a lead role in Christianity and is the present day home of the Roman Catholic Church and the Pope, who resides in the Vatican City, an independent city-state run by the Catholic Church and is the smallest (and

richest) state on earth.

Digesting more than two millennia of history in one long weekend or short-break is no mean feat. Nor is sampling all of Rome's delicacies (speciality ice-cream shops are two-a-penny and an enticing visual feast) or attempting to eat like an Italian, who think nothing of eating a pasta dish as a starter, plus a main meal, with extras like bread and desserts, in one fell swoop.

Nevertheless, as pizza, pasta and homemade ice-cream are staple must-tries (as is the unusual, whole-cooked artichoke, a Roman speciality) there are some sights that equally cannot be passed up on, starting with the world-recognised landmark, the Coliseum.

The Pantheon, the graceful Spanish Steps that lead from the Piazza di Spagna to the imposing Church of Santa Trinità dei Monti, St. Peter's Basilica, and the beautiful Trevi Fountain should also be given high priority on visitors' lists. And you do not have to be a devout Catholic to be overwhelmed by the opulent splendour of the Vatican museums or the Sistine Chapel, with its famous painted ceiling by Michelangelo.

Be in St. Peter's Square, in front of the Vatican, at midday on a Sunday and you might catch a glimpse of the Pope, who comes

to his window to give mass and address the crowd below.

The city is easy to navigate, with two main underground lines and a run-like-clockwork public transport system. It is also easy to walk around and, at a good pace, the city centre can be circumnavigated in a few hours, stopping off at main sights. However, queues to enter Rome's main attractions, such as the Coliseum, can be quite long and waiting times considerable. In winter be sure to take an umbrella or rain-mac, and in summer a hat, sun cream and water. Anytime of year be sure to pack comfortable walking shoes and a camera.

Charming eateries can be found on every street, some small and intimate with the traditional red and white chequered table cloths, others modern and minimalist. Either way, Italians pride themselves on their gastronomic legacy and the food is sure to be filling and fresh.

Starters (often more like a main dish, generally pasta, and always

good size helpings) and desserts are more expensive than in Portugal, ranging between €7 and €10 per person, though main dishes and wine are generally reasonably priced.

For an evening with a difference try the Opera Restaurant (Via Paola, 48, near Vatican City, tel: 00 39 066821 0898/ 00 39 392 9435 400, or e-mail: fortunato.vullo@gmail.com), where on occasions live Opera is the dish of the day and accompanies an exquisite menu thought up by typical Italian foodie and owner Fortunato.

However you decide to spend your time in Rome it is an idea to do some reading up on the city and its monuments before you get there. Every corner has a story to tell, take the time to listen.

easyJet and TAP operate daily flights to Rome from Lisbon Airport. Prices start from €52 return (as at October 2010). See www.travel.theportugalnews.com

Accommodation starts from around €36 (single rooms, summer); see: www.bookings.com.



The Trevi Fountain, Rome.



St. Peter's Square, Vatican City, Rome

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The ornate ceiling of St. Peter's Basilica.

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108 Marylebone Lane

It is interesting when a restaurant is simply known by its address; it's a sort of statement of confidence. And it is easy enough to find on Marylebone Lane, being part of the Marylebone Hotel on the corner of Bulstrode Street. But you would never know that it is part of a hotel, it has its own identity, and that is very much small and stylish with its own entrance directly off Marylebone Lane. The whole area is developing its own style and atmosphere, and is becoming known as 'Marylebone Village'. An interesting branding exercise to create somewhere within a great city that has a small and intimate community feel. It works, and in the evening, is crowded with people clearly enjoying the area and all it has to offer.

Step through the door and you are in an almost club-like lounge and bar with comfortable seating and a good level of lighting. The lounge offers a modern yet traditionally comfortable atmosphere with deep red hanging lampshades subtly illuminating the room. A focal point is the oversized

Chesterfield couch in burnt orange velvet. Leather chairs surround round marble-topped tables, and a stainless-steel bar runs along the length of the Lounge. If you haven't reserved a table, you will almost certainly be sitting at the bar counter, but that is comfortable and a good place for pre-dinner drinks.

The restaurant area is on your

right. We were quickly shown to our table and provided with menus. It is not an extensive menu offering nine starters, four dishes 'From the Sea', five 'From the Land', and two 'From the Field'. One of the first things you notice is that 108 makes quite a point of the fact they support local suppliers from the area, people like Ginger Pig Butchers, Biggles sausages, La Fromagerie and even a local florist, Jane Packer. It really underlines the whole concept of the 'Marylebone Village' where small suppliers know and support each other.

Where dishes do not come from the 'village', they are clearly identified by locality, such as a starter of Honey Mustard Glazed Suffolk pork belly, and main dishes such as West Cornwall



The dining area of 108 Marylebone Lane.

Lemon Sole Goujons, Grilled Fillet of Shetland Isle Salmon or Braised Cornish Lamb Shank. It gives a very distinctive feel of top quality, carefully selected prime ingredients. It was good to see that there were vegetarian dishes available, and they were imaginative, such as a starter of Baked Tartlet of La Fromage Stilton and Leek. You don't need to be a vegetarian to find that a mouth watering tempting dish. They even offered Biggles Vegetarian

Sausages, though as a dedicated sausage fan, the Biggles Venison Sausages were too tempting to miss. Biggles sausages were established in Marylebone as London's first all-sausage emporium in 1989.

To end the meal, I was torn between the Warm Rococo Chocolate Brownie with rum caramelised banana or the Iced Orange Parfait with cranberry compote. I was tempted to try both, but settled for the Brownie, superb!

Given the selection of very high quality ingredients Executive Chef, Norman Farquharson has everything to create superb dishes, and that is just what he does, and at an accessible price. A three course meal, without wine, is in the range of £30 - £40 each, which by London stand-

ards is not unreasonable. They even offer an English wine, Denbies Whitedowns Cuvee, a Seyval Blanc made in Surrey by the Champagne method. They also have organic wines, as well as other wines sourced from small independent producers, and some of the better known international wines.

108 is a restaurant with a very individual style offering excellent quality, creative dishes, each with a distinctive touch, and extensive use of local ingredients. Match that with good service and it's a must to put on your list of restaurants not to miss next time you are in London.

Contact: tel. 0044 (0)207969 3900 or visit their website: www.108marylebone.com. A reservation is recommended. P.L.

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The bar area.



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HIGHLIGHTS

TRIP TANGO



SÃO BRÁS DE ALPORTEL - February 27 - 20h30 - Os Amigos de São Brás announce TRIP TANGO, a Musical Interlude based on the music of the great master of Argentine Tango - Astor Piazzolla, adapted and performed by four students of Évora University Music Dept; Jorge Caeiro-accordion, Selma Carneira-piano, Rita Sousa-violin and Tiago Valentim-bass - Come and enjoy a different, challenging, toe-tapping Tango sounds - Museu do Trajo São Brás de Alportel situated on Rua Dr. José Dias Sancho 61 - Tel: 289 840 100 - www.museu-sbras.com



PORTO - February 27 - 18h00 - The Oporto National Orchestra and the Orquestra Jazz de Matosinhos conducted by Dirk Brossé bring to Suggia Room of Casa da Música music for big bands and symphony orchestras. Along with two great American soloists - Jason Moran and Chris Cheek - the two groups perform different approaches to jazz music: from the pioneering jazz music of the 20s, to the new Jazz Symphony - Tickets: €20 - 220 120 214 - Avenida da Boavista, 604-610 - www.casadamusica.com



LAGOA - March 6 - Flute and Voice Concert - 21h30 - Convento de São José - At this concert the flute orchestra Ensemble de Flautas de Loulé and choir Ideias do Levante will perform pieces of various periods of the music history, providing the public an enjoyable musical journey - Free entrance - The S. José Convent is situated on Rua Joaquim Eugénio Júdice - Tel: 282 380 434 / Fax: 282 342 983 - www.conventosjose.net



LISBON - March 6 and 7 - Winx on Ice - A Show for all the Family at Sala Atlântico of Atlantic Pavilion - For four years old and over - Info: 707 780 000 - www.pavilhaoatlantico.pt - For tickets please see bottom of page.

ALBUFEIRA

UNTIL FEBRUARY 27

Exhibition of Engravings by Daniel Vieira - Municipal Art Gallery - Monday to Friday from 10h30 to 16h30 (Closed Sundays and public holidays) - www.cm-albufeira.pt

ALCANTARILHA

MARCH 6

Charity Quiz Night in aid of Goldra Animal Sanctuary - 20h00 - Strictly Social Dance Studios - €10 per person, including buffet supper - All proceeds to Goldra to support the animals - Teams of 4 to 6 or call to join a "Nomads" team if you don't have one! - We hope to make this a monthly league if there is enough interest in the idea - Maximum of 10 teams so please call to book places early, we have space for only three more teams! - Please call Christopher on 917 764 885 or 282 449 584

ALMANCEL

MARCH 25 & 27

Concerts by Duo Mecina - Francisco Cantó (clarinet) and Isolda Crespi (piano) - Centro Cultural São Lourenço - 289 395 475 - e-mail: ccsl@iol.pt - centroculturalsaolourenco.com

UNTIL APRIL 1

Collective Exhibition by acclaimed artists at Art Gallery São Lourenço - Centro Cultural São Lourenço - Open: 10h00 to 19h00 - 289 395 475 - e-mail: ccsl@iol.pt - www.centroculturalsaolourenco.com

ARMAÇÃO DE PERA

MARCH 1

Monthly Quiz Night at the Hotel Garbe - Entry €2.5 / person - Starts 20h00, max 6 people per team, chance to win €25 prize with Charity Fund Raising Raffle for local Bombeiros - Telephone Lynn on 919 266 770 or call into the Hotel Garbe to reserve your table For more details: www.hotelgarbe.com

LAGOS

DAILY

Visit the new Charity Shop in Amádena - Charity Shop in what was the old supermarket on the square past 'Brody' and 'O Poço' restaurants - LAPS - Lagos Animal Protection Society - 282 687 334

LOULÉ

FEBRUARY 27

Chá d'Arte's 1st anniversary commemorations offer a vast cultural programme starting at 21h00 - Street animation with Med Jumping Comics, Paintings on tiles, live painting by Jerown Bultenman to be donated to the Red Cross, Fire show 'Satori Project' and Dj Gualdino - Historic centre of the city on Largo D. Pedro I, nº 5-6 - chadarte@sapo.pt

MONCHIQUE

UNTIL MARCH 11

Exhibition of Xico Fran and Cony Welcker at the Galeria

SOUTH

Santo António - The opening hours of the gallery are Tuesday from 12h00 till 19h00 and Wednesday till Friday from 12h00 till 16h00 - Find a map at www.artelgarve.net

PADERNE

DAILY

Art Exhibition at Galeria Corte Real - Signposted from Ferreiras, Boliqueime & Paderne - 918 980 199 / 912 737 762

PORTIMÃO

FEBRUARY 27

Concert for Manuel Teixeira Gomes by Orquestra do Algarve conducted by Osvaldo Ferreira with Soloist Artur Pizarro (Piano) - Main Auditorium of the Municipal Theatre - 21h30 - Ticket price: €10 - 282 402 475 / 961 579 917 - www.cm-portimao.pt

FEBRUARY 27

Theatre play 'One hood, two wolves and a pig times three' - Small Auditorium of Municipal Theatre - 16h00 - €5 - 282 402 475 / 961 579 917

FEBRUARY 27

Concert Series of Great Pianists - Municipal Theatre - 21h30 - 282 402 475 / 961 579 917 - www.cm-portimao.pt

FEBRUARY 28

Purim Teaparty - Info from: Ralf Pinto - Tel: 282 416 710 / Fax: 282 416 515 / Mobile: 986 440 414 / RalfPinto@sapo.pt

EVERY THURSDAY

New Orleans Jazz at Casa Inglesa - 20h30 - For Reservations: 934 954 348

S. BRÁS DE ALPORTEL

FEBRUARY 28

2010 Series of Nature Walks 'Trails and Paths' - Meeting Point: Museu do Trajo at 9h00; Lunch at Sítio dos Países - For registrations please contact 289 840 005 - e-mail: municipio@cm-sbras.pt - Org. by S.Brás City Hall with the collaboration of Museu do Trajo and guest historians

FEBRUARY 28

Fado Evening - Museu do Trajo - 21h00 - Friends of the Museum - 966 329 073 - www.amigos-museu-sbras.org

SILVES

MARCH 5 & 6

Theatre Nights with Benef' Actors at The Silves Cine Theatre Club (Silves Cinema) - Four hilarious short comedies - Starts at 20h00 - Entrance €8 for members and €10 for non-members - Contact David 282 330 242 or 968 335 856

DAILY

Basic Ballroom and Latin dance classes for beginners by qualified teacher - (Starting again on February 27) - Between 15h00 and 17h00 at the old Cine Theatre - By qualified teacher - Price: €5 - 282 084 438

NORTH

UNTIL FEBRUARY 27

Painting Exhibition by Ana Vidagal 'Matar o Tempo' (Kill the Time) - Open Mon to Sat: 10h00-12h30 / 15h00-19h30 (closed Mon and Sat mornings, Sundays and public holidays - Galeria 111 - Rua D. Manuel II, 246 - 226 093 279 - www.111.pt

GUIMARÃES

FEBRUARY 27



Jill Tracy on stage for the 1st time in Portugal - Grand auditorium of Centro Cultural Vila Flor - 22h00 - €10 (€7.5 with discount) - Av. D. Afonso Henriques, 701 - 253 424 700 - www.ccvf.pt

CENTRE

MARCH 8

Polish Orchestra conducted by Tadeusz Wojciechowski Celebrate Chopin - Radoslaw Sobczak (piano) - 21h00 - Grand Auditorium of CCB-Belém Cultural Centre - Praça do Império - 213 612 400

MARCH 14

Concert Chopin and Schumann 'Romantic piano' by Irina Brazhnik (piano) - 11h30 - Almada Negeiros Room of CCB-Belém Cultural Centre - Tickets: €5 - Praça do Império - 213 612 400

APRIL 4

Dances and Masks (20 fingers 2 pianos with João Vasco and Eduardo Jordão) and (Ensemble de Câmara with Miguel Henriques and Paulo Pacheco) - 11h30 - Small Auditorium of Belém Cultural Centre - Tickets: €5 - Praça do Império - 213 612 400

UNTIL MAY 2

Painting Exhibition 'Still-Life in Europe, First part, The 17th and 18th Centuries' - Calouste Gulbenkian Museum - 217 823 800 - www.museu.gulbenkian.pt

PORTO

DAILY

Casa da Música: guided visits from Mon-Sun: 10h30; 11h30; 12h30; 15h00; 16h00; 17h00; 18h00 - Tickets can be bought until 10 minutes before visit - Price: €2; Free for children under 12 - 220 120 214 - Avenida da Boavista, 604-610 - www.casadamusica.com

DAILY

Serralves Foundation: Visits to the exhibitions - Sat: 17h-20h; Sun: 12h-13h - to the architectonic spaces (museum & casa de serralves) Sun: 15h-16h - Visits to the park; Sun: 11h-12h - Visits are free on the purchase of an entrance ticket to the museum - Location: Rua D. João de Castro, 210 - T. 226 156 584 - www.serralves.pt

www.the-news.net

CASCAIS

DAILY

Cascais Cultural Centre - Concerts, shows, exhibitions, & other events. - shops, coffee shop & terrace - Open: 10h00-18h00 (Closed Mon) - Av. Rei Humberto II de Itália - 214 848 900

ESTORIL

DAILY

Casino Estoril - Praça José Teodoro dos Santos - 214 667 700 - info.estoril@estoril-sol.com

LISBON

UNTIL FEBRUARY 28

'Lenços dos Namorados' (Valentine handkerchiefs), with all its charm, will be on display in a magnificent building with a few centuries of history, near the Cathedral of Lisbon. It is in the 'Arte da Terra' (The art of the earth), a space dedicated to Portuguese Traditional Culture, on Rua Augusto Rosa, 40 - 212 745 975 - www.aartedaterra.pt

www.theportugalnews.com

Lisbon Concerts

(Tickets: See details bottom page)

March 14 - Spandau Ballet - Atlantic Pavilion 'Sala Atlântico' - 21h00 - **March 22 & 23 - Star Wars in Concert - Sala Atlântico of Atlantic Pavilion** - 21h00 - **April 6 to 17 - Mitch Sebastian's 'The Opera Show'** - Oceanos Auditorium of Casino Lisboa - **April 7 - Tokio Hotel** -



Welcome to Humanoid City Tour - Atlantic Pavilion's Sala Atlântico - 19h30 - **May 30 - Black Eyed Peas in concert** - Estádio Nacional (Football Stadium)



Events may be cancelled, delayed or fail to live up to their billing. Send us your events to copy@the-news.net by Tuesday before publication.

TICKETS: Most tickets are available at FNAC and Worten outlets across the country, ATM machines, Abreu agencies, El Corte Inglés, Casa Viola, Ticketline or at the event itself on the night.

Websites: www.pavilhaoatlantico.pt / www.ticketline.pt / www.blueticket.pt / Phone numbers: Ticketline 707 234 234 / 707 780 000

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25 FEB-3 MAR

Shutter Island
Leonardo DiCaprio, Mark Ruffalo
(12.45 Sat & Sun) 15.40-18.35-21.30
(00.25 Fri & Sat)

The Spy Next Door
Jackie Chan, George Lopez
13.00-15.10-17.20-19.30-21.40 (23.50
Fri & Sat)

Avatar
Sam Worthington, Zoe Saldana
15.35-21.00 (00.10 Fri & Sat)

Cloudy with a Chance of Meatballs
Animation PV
(11.00 Sat & Sun) 13.30-18.55

Whatever Works
Larry David, Evan Rachel Wood
16.50-21.45 (00.05 Fri & Sat)

A Bela e o Paparazzo
Soraia Chaves, Marco de Almeida
14.15-19.10

Percy Jackson & The Olympians
Logan Lerman, Uma Thurman
(10.40 Sat & Sun) 13.15-15.55-18.30-
21.10

Up In The Air
George Clooney, Vera Farmiga
18.25 (23.55 Fri & Sat)

The Princess and the Frog
Animation PV
(10.20 Sat & Sun) 13.00-15.15-17.30-
19.45

The Men Who Stare at Goats
George Clooney, Ewan McGregor
22.00 (00.15 Fri & Sat)

Valentine's Day
Anne Hathaway, Ashton Kutcher
13.20-16.00-18.40-21.20 (00.00 Fri &
Sat)

The Wolfman
Benicio Del Toro, Anthony Hopkins
14.45-17.05-19.25-21.50 (00.10 Fri &
Sat)

Invictus
Morgan Freeman, Matt Damon
(12.50 Sat & Sun) 15.35-21.05 (00.20 Fri
& Sat)

Alvin & the Chipmunks 2
Jason Lee, Zachary Levi
(10.20-12.30 Sat & Sun)

Old Dogs
John Travolta, Robin Williams
(11.10 Sat & Sun)

Planet 51 - Animation PV
(10.45 Sat & Sun)

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25 FEB-3 MAR

1
The Princess and the Frog
Animation PV
13.00-15.05-17.10-19.15

The Men Who Stare at Goats
George Clooney, Ewan McGregor
21.40 (23.50 Fri & Sat)

2
Cloudy with a Chance of Meatballs
Animation PV
12.50-14.45

Avatar
Sam Worthington, Zoe Saldana
16.40-21.00 (00.15 Fri & Sat)

3
Invictus
Morgan Freeman, Matt Damon
12.55-15.30-18.15-21.10 (23.55 Fri &
Sat)

4
Percy Jackson & The Olympians
Logan Lerman, Uma Thurman
13.30-16.05-18.40-21.15 (23.45 Fri &
Sat)

5
Precious
Gabourey Sidibe, Mo'Nique
13.20-15.50-18.20-21.05 (23.30 Fri &
Sat)

6
The Spy Next Door
Jackie Chan, George Lopez
13.05-15.10-17.20-19.30-21.45 (00.00
Fri & Sat)

7
The Wolfman
Benicio Del Toro, Anthony Hopkins
13.10-16.00-18.45-21.30 (00.10 Fri &
Sat)

8
Shutter Island
Leonardo DiCaprio, Mark Ruffalo
12.45-15.35-18.25-21.20 (0.20 Fri & Sat)

9
Valentine's Day
Anne Hathaway, Ashton Kutcher
13.25-16.10-18.50-21.25 (00.05 Fri &
Sat)

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25 FEB-3 MAR

1
Shutter Island
Leonardo DiCaprio, Mark Ruffalo
13.00-15.40-18.40-21.30 (00.20 Fri &
Sat)

2
The Princess and the Frog
Animation PV
12.50-14.50-17.00-19.10

Valentine's Day
Anne Hathaway, Ashton Kutcher
21.20 (00.00 Fri & Sat)

3
Cloudy with a Chance of Meatballs
Animation PV
13.20-16.00 Sat & Sun

Percy Jackson & The Olympians
Logan Lerman, Uma Thurman
13.20-16.00-18.50-21.50 (00.30 Fri &
Sat)

4
Invictus
Morgan Freeman, Matt Damon
13.10-15.50-18.30-21.10 (23.50 Fri &
Sat)

5
The Men Who Stare at Goats
George Clooney, Ewan McGregor
13.30-15.30-17.35-19.40-22.00 (00.40
Fri & Sat)

6
The Wolfman
Benicio Del Toro, Anthony Hopkins
13.40-16.10-19.00-21.40 (00.10 Fri &
Sat)

OV = Original Version
PV = Portuguese Version

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www.zonlusomundo.pt

Film Classification
Shutter Island - M/12
The Spy Next Door - M/12
The Messenger - M/12
The Wolfman - M/12
An Education - M/12
A Single Man - M/12
Precious - M/12
Cloudy with a Chance of Meatballs - M/4
Valentine's Day - M/12
Percy Jackson & The Olympians - M/12
The Princess and the Frog - M/6
Up In The Air - M/12

M/4 - Four years and over
M/6 - Six years and over
M/12 - 12 years and over
M/16 - 16 years and over
M/18 - 18 years and over



Title: Shutter Island
Genre: Drama | Mystery | Thriller
Stars: Leonardo DiCaprio, Mark Ruffalo, Ben Kingsley, Michelle Williams
Director: Martin Scorsese
Synopsis: The year is 1954, at the height of the Cold War, when U.S. Marshal Teddy Daniels and his new partner are summoned to Shutter Island to investigate the implausible disappearance of a brilliant multiple murderer from a locked room within the impenetrable Ashecliffe Hospital. Surrounded by probing psychiatrists and dangerously psychopathic patients on the remote, windswept isle, they arrive into an eerie, volatile atmosphere that suggests nothing is quite what it seems.



Title: The Spy Next Door
Genre: Action | Comedy | Family
Stars: Jackie Chan, Amber Valletta, George Lopez
Synopsis: An undercover CIA superspy decides to give up his career in espionage to settle down with his next-door neighbour and girlfriend, Gillian. But he has one more mission to complete before Gillian agrees to marry him: winning over her three opinionated kids.



Title: The Messenger
Genre: Drama | Romance | War
Stars: Ben Foster, Woody Harrelson, Jena Malone, Eamonn Walker
Synopsis: Will Montgomery, a U.S. Army Staff Sergeant who has just returned home from Iraq, is assigned to the Army's Casualty Notification service. Montgomery is partnered with Captain Tony Stone, to give notice to the families of fallen soldiers.



PICK OF THE DAY

Saturday 27/02

Ant and Dec's Push the Button (ITV1, 7.45pm)

Ant and Dec return to the prime-time weekend schedules with this brand spanking new game show. Push the Button sees two families go head-to-head in a series of madcap games in a bid to win up to £100,000.

Both families begin the show with £100,000, but with each game designed to reduce their total winnings, the only way to stop the money slipping away is to Push The Button, while each round tests their skills, nerve, judgement and general knowledge.

Sunday 28/02

Lark Rise to Candleford (BBC One, 8pm)

Pearl is in a tizzy in this latest episode of the period drama when she receives a dressmaking commission from Lady Whiteleaf that could save her business. Unfortunately, without Ruby to help her, there's no way she can get the job done in time. Luckily, fate has conspired to bring Enid, a seamstress looking for work, to Candleford. Her needlework is excellent and Pearl thinks her prayers have been answered. However, Dorcas suspects that the newcomer is not all that she seems.

Hattie Morahan, who makes a fine addition to what is an already impressive cast as newcomer Enid. While stage might be her first love, she has also starred in New Tricks, Outnumbered and Bodies, and judging by her performance in Lark Rise to Candleford, she is quite the television actress.



Monday 01/03

Five Days (BBC One, 9pm)

Back in 2007, the Beeb broadcast the first series, a drama by acclaimed writer Gwyneth Hughes set over, well, five days. It was critically acclaimed and featured a great cast, so everyone expected more of the same. But instead, everything went quiet - until now.

Suranne Jones heads the cast of this second series, playing DC Laurie Franklin, a policewoman who, while off-duty, takes her mother, an Alzheimer's sufferer, for a daytrip by train. Sadly, their journey is cut tragically short by somebody who seemingly commits suicide by jumping in front of the train. Meanwhile, in a Yorkshire hospital, a newborn baby is found abandoned. Are the two incidents connected?

The all-star cast, which includes Suranne Jones, David Morrissey, Bernard Hill and Anne Reid.

Tuesday 02/03

Mad Men (BBC Two, 11.20pm)

For the past few years, Mad Men has taken us back to a time when smoking and drinking were as much a part of the work day as doing some actual work, at least, if you were a New York ad man. The series has done a good job of showing us some of the more widespread vices of that time, and the impact they have on the characters, without ever revelling in them.

Peggy, played by Elisabeth Moss, who, while striking out on her own and causing upset with her mother when she reveals her decision to move to Manhattan, sets out in search of a roommate. Meanwhile, Don has reservations about doing a deal with a misguided potential client who wants to sell jai alai as the American public's next big sporting pastime.

Wednesday 03/03

Numb3rs (Five, 10pm)

It seems an innocent man is being framed in the latest episode of the hit crime drama, and what's more, he's in law enforcement.

Agent Ian Edgerton is arrested while on the trail of an escaped convict after he discovers one of his confidential informants has been stabbed to death. Don goes to the jail where Edgerton is being held and meets the prison governor, Frank Thompson, who reveals that a drugs baron named Salazar is running a heroin ring from behind bars and the man Edgerton was looking for is his book-keeper. With deposits from Salazar made to Edgerton's account and a knife belonging to him used to kill the informant, it seems there is plenty of evidence to convict the agent for corruption and murder.



Thursday 04/03

Country House Rescue (Channel 4, 8pm)

Ruth Watson returns to help more struggling stately home owners.

Her first rescue mission is Plas Teg, a Grade One-listed Jacobean mansion in Flintshire, North Wales that has remained virtually unchanged since it was built in 1610. For much of the 20th Century, this 400-year-old building suffered a serious case of neglect. In 1986, Cornelia Bayley fell in love with the building and snapped it up for a cool £75,000. She left her Notting Hill surroundings and poured everything she had into restoring the property. Cut off from her old life, Cornelia now inhabits the 20,000 square feet of the house alone and can go a week without the company of others. Keeping the house viable both physically and financially is a constant burden, and if Cornelia is to succeed, she needs to bring in some cash - and fast. With Ruth's no-nonsense rescue plan of course.

Friday 05/03

Mastercrafts (BBC Two, 9pm)

In case you haven't caught the programme so far, each edition focuses on a different, now almost defunct craft. Three people then receive basic training in their chosen skill, ready to compete for the chance to continue on a more formal basis. Monty Don, meanwhile, examines the work that goes into each craft, and discusses its forgotten history.

Monty meets three people who want to learn all about stained glass. The manufacture of glass was introduced to Britain by the Romans more than 2,000 years ago, around the same time that Christianity took off. The two advancements became entwined as stained glass was used to tell Bible stories to the largely illiterate congregation attending the great cathedrals of the Middle Ages. It usually takes around five years to become skilled in the art of stained glass, but full-time mum Abigail Ross, wannabe architect James Wignall and grandmother Valerie Rolls have just six weeks to master the basics.



Saturday 27/02

Bean (ITV1, 3.50pm)

Rowan Atkinson's most famous television creation gets the big screen treatment in this splendid comedy from Mel Smith. The hapless fool is employed as a security guard for a British art gallery and is sent to Los Angeles to bring back a famous painting.

Starring: Rowan Atkinson, Burt Reynolds, Peter MacNicol, John Mills, Peter Capaldi
Star Rating: **** (1997)

Fools Rush In (Five, 4.15pm)

Friends star Matthew Perry and luscious Latino babe Salma Hayek star in this good-natured comedy from Anna and the King director Andy Tennant.

Starring: Matthew Perry, Salma Hayek, Jon Tenney, Carlos Gomez, Tomas Milian
Star Rating: **** (1997)

The Break-Up (ITV1, 9.45pm)

Vince Vaughn and Jennifer Aniston star as a thirtysomething couple in this zany comedy which bares some similarities to 1985's The Money Pit, which starred Tom Hanks.

Starring: Jennifer Aniston, Vince Vaughn, Jon Favreau, Joey Lauren Adams, Judy Davis
Star Rating: *** (2006)

Sunday 28/02

Big Fish (Five, 4.20pm)

Will Bloom (Billy Crudup) has spent his entire life listening to his father Edward (Albert Finney) regale family and friends with his mythical exploits as a less-than-ordinary young man (played by Ewan McGregor).

Starring: Ewan McGregor, Albert Finney, Billy Crudup, Helena Bonham Carter, Danny DeVito
Star Rating: *** (2003)

Anger Management (Five, 8.30pm)

This unlikely double-act comedy struck box office gold in America and it's no wonder considering the comic talents of Adam Sandler and Jack Nicholson. Dave Buznik (Sandler) is a mild-mannered, non-confrontational guy, who finds himself accused of assaulting an air stewardess.

Starring: Jack Nicholson, Adam Sandler, Marisa Tomei, Heather Graham
Star Rating: **** (2003)

Saving Private Ryan (Channel 4, 9pm)

Steven Spielberg's thoughtful war tale tells the story of a platoon of American soldiers (led by Tom Hanks), who are ordered to scour the battlefields of France in search of a missing infantryman, the titular Private Ryan (Matt Damon), who has been granted permission to return home because his brothers have been killed in the conflict.

Starring: Tom Hanks, Tom Sizemore, Edward Burns, Matt Damon, Barry Pepper, Vin Diesel
Star Rating: ***** (1998)

Monday 01/03

A Fistful of Dollars (Five, 9pm)

Clint Eastwood became a Hollywood superstar thanks to his first outing as The Man With No Name in this flawless Western by Sergio Leone. The mysterious gunslinger rides into a town on the Mexican border divided by two warring families.

Starring: Clint Eastwood, Gian Maria Volonte, Marianne Koch, Wolfgang Lukschy
Star Rating: **** (1964)

10 Things I Hate About You (Film4, 9pm)

Julia Stiles heads the cast of this pleasant romantic comedy, which is Shakespeare's Taming Of The Shrew and cult teen comedy Clueless all rolled into one.

Starring: Julia Stiles, Heath Ledger, Larisa Oleynik, Joseph Gordon-Levitt
Star Rating: **** (1999)

Arabesque (Sky Movies Classics, 11.25pm)

TOP FILMS

A language expert from Oxford University is asked by Middle Eastern oil magnates to decipher a hieroglyphic, only to find he is marked for assassination. In true thriller fashion, he unravels a mystery involving an Arab prime minister, a ruthless businessman and a beautiful spy.

Starring: Gregory Peck, Sophia Loren, Alan Badel, Kieron Moore
Star Rating: **** (1966)

Tuesday 02/03

The King and I (Sky Movies Drama, 5.45pm)

Widowed English schoolteacher Anna Leonowens is hired to tutor one of the King of Siam's sons, only to discover he actually expects her to care for all 58 of his children. After a series of disagreements with her royal employer, she gradually develops a powerful platonic love for him.

Starring: Deborah Kerr, Yul Brynner, Rita Moreno, Martin Benson, Terry Saunders
Star Rating: **** (1956)

The Fountain (Film4, 11.20pm)

A perplexing, fascinating love story, set in 16th-century Spain, the present day and 26th-century outer space. It centres on Tom, a brilliant scientist racing against time to save his wife Izzi from an aggressive form of cancer.

Starring: Hugh Jackman, Rachel Weisz, Ellen Burstyn, Sean Patrick Thomas, Donna Murphy, Ethan Suplee
Star Rating: **** (2006)

Open Range (BBC One, times vary)

Welcome back to the Wild West. Boss Spearman grazes his cattle on the open range, aided by his long-time employee Charley Waite and recent recruits Mose Harrison and Button.

Starring: Kevin Costner, Robert Duvall, Annette Bening, Michael Gambon
Star Rating: **** (2003)

Wednesday 03/03

Mighty Joe Young (Film4, 6.50pm)

The plot focuses on a gentle giant gorilla who is moved from his jungle home to Los Angeles.

Starring: Charlize Theron, Bill Paxton
Star Rating: *** (1998)

Becoming Jane (BBC Two, 8pm)

A look at the supposed relationship between Jane Austen and promising Irish lawman Thomas Langlois Lefroy.

Starring: Anne Hathaway, James McAvoy, Julie Walters, James Cromwell, Ian Richardson, Maggie Smith, Laurence Fox
Star Rating: *** (2006)

Beguiled (Sky Movies Classics, 11.25pm)

Spooky psychological thriller set in a girls' school in the Deep South during the American Civil War. Clint Eastwood is a wounded Yankee soldier nursed back to health by the students and staff, but his manly presence soon has an odd effect on the sex-starved, hormonal females.

Starring: Clint Eastwood, Geraldine Page, Elizabeth Hartman, Jo Ann Harris
Star Rating: **** (1971)

Thursday 04/03

Dead Man Walking (Sky Movies Drama, 3.25pm)

Sister Helen Prejean is a saintly Louisiana nun who works with the under-privileged and unloved, and in this instance tries to help a condemned man on death row. Matthew Poncelet seeks comfort from the nun before he is executed for murder.

Starring: Susan Sarandon, Sean Penn, Robert Prosky, Raymond J. Barry, R. Lee Ermye
Star Rating: **** (1995)

Boy on a Dolphin (Film4, 5pm)

A poor female sponge diver finds an ancient statue while swimming off the Greek isle of Hydra. The artefact, which features a boy riding a dolphin, is said to contain the power to grant wishes.

Starring: Sophia Loren, Alan Ladd, Clifton Webb, Alexis Minotis, Laurence Naismith

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TOP FILMS

Star Rating: *** (1957)

Hang 'Em High (Five, 9pm)

Cattle rancher and former lawman Jed Cooper is incriminated in murder and rustling, and is subsequently attacked by a lynch mob who believe him to be the culprit. However, he survives their attempt to hang him from a tree and is eventually proved innocent.

Starring: Clint Eastwood, Inger Stevens, Ed Begley, James MacArthur, Pat Hingle
Star Rating: *** (1967)

Friday 05/03

Ice Station Zebra (Channel 4, 12.05pm)

Rock Hudson heads the all-male cast as a submarine commander leading his crew to the North Pole. Once he gets there he must get his hands on hidden satellite film before the Russians arrive. Unfortunately, it seems there's a traitor in his midst...

Starring: Rock Hudson, Ernest Borgnine, Patrick McGeehan, Jim Brown
Star Rating: *** (1968)

Gran Torino (Sky Movies Premiere, 8pm)

Walt is a lonely widower estranged from his grasping family. He lives in a neighbourhood now largely populated by immigrants, and Walt doesn't like any of them, particularly the Korean family living next door.

Starring: Clint Eastwood, Christopher Carley, Bee Vang, Ahney Her, Brian Haley, Geraldine Hughes
Star Rating: **** (2008)

Team America: World Police (Channel 4, 10.50pm)

A crack team of crime busters recruits Broadway actor Gary Johnston to work undercover with them. Their plan is to get him to infiltrate a terrorist organisation intent on wreaking havoc in the western world, and although they achieve their goal, the thesp is left traumatised by the violence.

Starring: Trey Parker, Matt Stone, Kristen Miller, Daran Norris, Masasa Moyo
Star Rating: **** (2004)

SPORTS RUNDOWN

Looking at the week ahead

The Carling Cup Final and Six Nations rugby dominate a packed weekend of sport.

CARLING CUP FINAL

For football fans, the League Cup Final between Aston Villa and Manchester United is the pick of football fixtures, and will be shown on BBC1 and Sky Sports 1 on Sunday. Kick-off is at 3pm.

SIX NATIONS

On the rugby front, this week's round of Six Nations matches, all to be aired on BBC1, starts with the match-up in Cardiff this Friday (8pm) between Wales and France. Pundits are already saying that should France return from the Millennium Stadium with a win, the trophy is almost set to travel back across the English Channel.

England, despite a struggling performance a fortnight ago against Italy in Rome, will want to prove they have a say in who wins the Six Nations this year, but they will first have to overcome defending champions Ireland at Twickenham at 4pm on Saturday. Earlier in the day (1:30pm) Italy host Scotland and whoever loses this match stands a good chance of ending the season winless.

PREMIER LEAGUE

In the Premier League, a noon kick-off on Saturday will see the clash of the big-spenders as Chelsea host Manchester City. Later that afternoon (3pm), Arsenal host Stoke. Both these matches will be shown on Sky Sports 1 and SportTV.

LIGA SAGRÉS

Readers who do not have satellite television will be able to see the Liga Sagres leaders, Benfica play Leixões on Saturday evening at 9:15pm on RTP1. Other Portuguese league games that will be shown live on television (all on SportTV) will see second-placed Sporting Braga look to bounce back against the Algarve Olanense on Saturday at 7:15pm. On Sunday at 8:15pm, viewers with access to SportTV

Saturday 27/02

SPORT

Live Winter Olympics (BBC Two, 7pm)
Sue Barker and Clare Balding are joined by Alain Baxter and Kerrin Lee-Gartner to present coverage of the penultimate evening of the Vancouver Games.

ENTERTAINMENT

Let's Dance for Sport Relief (BBC One, 7.15pm)

The sight of Robert Webb in a curly wig and a leotard isn't an image any of us will forget in a hurry after he won the inaugural Let's Dance for Comic Relief title last year.

QUIZ

All Star Mr & Mrs (ITV1, 8.45pm)
We may think we know a lot about our favourite celebrities, but in reality, we only see glimpses of their true personalities, and often the media distorts even these brief moments.

MUSIC

Kurt Cobain (Bio, 9pm)

Some say the face of music was changed forever on September 10, 1991, the day Smells Like Teen Spirit, Nirvana's most famous song, was released, and again on April 5, 1994 when frontman Kurt Cobain tragically took his own life at the tender age of 27.

COMEDY

Nurse Jackie (BBC Four, 10.30pm)
Jackie Peyton is a flawed heroine, but her many foibles are the very reason why she's such a popular television character and will be sorely missed now that we've reached the end of the first series of this brilliant American comedy.

Sunday 28/02

REALITY

Dancing on Ice (ITV1, 6.50pm)
For the past four years, millions of us have been hooked on this celeb contest which was obviously pitched as Strictly Come Dancing On Ice.

DOCUMENTARY

The Bible: A History (Channel 4, 7pm)

Over the past several weeks we have been treated to a fascinating, though potentially divisive, look at the relevance of the Bible in the 21st century.

DOCUMENTARY

The World Wide Vet (Sky1, 7pm)
Sky's brand new documentary series follows Dorset vet Luke Gamble as he travels to faraway countries like India, Mexico and Malawi to treat animals in need.

SCI-FI

Being Human (BBC Three, 9pm)
The second series has been a real joy to watch but, sadly, tonight marks the end of the current run and it's safe to say we're going to miss our ghoulish friends until they return in the not-too-distant future.

DOCUMENTARY

My Name is Muhammad (BBC One, times vary)
No, this is not a Muslim take on the recently cancelled US comedy My Name is Earl, but a documentary exploring the very different experiences of nine Muslims living in Britain, all of whom share the name Muhammad.

Monday 1/03

FOOD

Glamour Puds (Channel 4, 2.20pm)
If your idea of cake heaven is to pop down to the local bakery for an iced finger then you might want to set your sights a little higher.

DOCUMENTARY

Why Did You Kill My Dad? (BBC Two, 9pm)
In 2007, 75-year-old Philip Hendy was fatally stabbed by a man with a long history of serious mental health problems.

REALITY

The Secret Millionaire (Channel 4, 9pm)
With the current economic crisis showing little sign of abating, you'd think Channel 4 would find it difficult to find anyone willing to part with such substantial amounts of cash.

PROPERTY

Extreme Makeover: Home Edition (Home, 9pm)

If you're sick to the stomach with seeing wealthy people get their luxurious homes made to look even more stunning while a camera crew follows their every move, then this will certainly be a breath of fresh air.

DRAMA

Trauma (Virgin1, 10pm)
It's only just arrived on our screens, but Trauma has already had something of a colourful history. The American medical rescue drama was cancelled by NBC after a 13-episode order last year, only for them to change their minds and ask for three more instalments.

Tuesday 2/03

QUIZ

The Krypton Factor (ITV1, 7.30pm)
It's three decades since this show first attracted viewers in their millions, and while we may be spoiled for choice TV-wise in 2010, there's little sign of this show dumbing down.

DOCUMENTARY

Hidden Histories (BBC Four, 7.30pm)
Huw Edwards is far more than one of BBC One's best news anchors as this 'new' series proves.

REALITY

Ice Road Truckers (Five, 8pm)
Commuting on the roads last month was a nightmare for millions of British drivers, but even those conditions would probably seem mild to George Spears and Tim Freeman.

HUMAN INTEREST

One Born Every Minute (Channel 4, 9pm)
There really is one baby born every minute in Britain. Now that is a lot of children, and certainly a lot of hard work bringing those new persons into the world, and this fly-on-the-wall documentary series takes a close-up look at it all, by following life in a busy maternity hospital.

PETS

Paws, Claws and Videotape (BBC Four, 9pm)
Never work with children and animals as the old saying goes. However, comedian Hugh Dennis has never been the sort of bloke to play it safe.

BEST OF THE REST

Wednesday 3/03

FACTUAL

Priceless Antiques Roadshow (BBC Two, 6.30pm)

The thought of discovering that a knick-knack in your attic is worth a small fortune has kept millions of viewers hooked on this show for years.

FACTUAL

Relocation, Relocation (Channel 4, 8pm)
One could forgive Kirstie and Phil for getting a little nostalgic in tonight's episode, as they revisit the first couple they relocated way back in 2002. Yes, they really have been house-hunting for eight years.

CURRENT AFFAIRS

First Time Voters' Question Time Live (BBC Three, 8pm)

It's only just March, and already some older, cynical voters are starting to tire of the build-up to the general election.

DRAMA

Damages (BBC One, times vary)
They say that blood is thicker than water (apart from in EastEnders, where they say 'it's family, innit?') but try telling that to Joe Tobin in tonight's episode of Damages.

MUSIC

4Music: Music Academy 2010 (Channel 4, 12.05am)

His former Popworld co-host Alexa Chung may have fronted her own show on American MTV, but Alex Zane hasn't been neglecting his music presenting duties either.

Thursday 4/03

PROPERTY

Build a New Life in the Country (Five, 8pm)

Charlie Luxton heads to Cardigan Bay on the west coast of Wales.

CULTURE

The Culture Show (BBC Two, times vary)
Outspoken critic Mark Kermode is on hand to shed some light on the flicks that deserve extra attention - and have been overlooked by the Academy Awards.

CULTURE

The Man with the Golden Gavel (BBC Four, 9pm)
Simon de Pury. Chances are you don't recognise his name, but he's a pretty forgettable chap.

COMEDY

Gavin & Stacey (UKTV Gold, 9.20pm)
Surely everybody who ever wanted to see this gentle sitcom will have caught it by now?

DOCUMENTARY

Eddie Izzard: Marathon Man (BBC Three, 10.30pm)
Most people take about four months to train for a marathon from scratch. But not Eddie Izzard. He decided that after just five weeks of training he was ready to run 43 marathons in just 51 days to raise money for Sport Relief.

Friday 5/03

DOCUMENTARY

Sticks and Stones (Channel 4, 7.30pm)
The latest offering from the First Cut strand explores what life is like for disabled people in Britain.

DOCUMENTARY

Highland Emergency (Five, 8pm)
If you think you've had a hard day, spare a thought for the Royal Navy crew of Rescue 177.

QUIZ

QI (BBC One, 8.30pm)
Grease, or rather Greek, is the word in this week's show as national treasure Stephen Fry poses more clever teasers in the hope of stumping his guests Clive Anderson, Phill Jupitus, Rich Hall and regular panellist Alan Davies.

MUSIC

Heavy Metal Britannia (BBC Four, 9pm)
Whenever Heavy Metal is mentioned, the image of sweaty, leather-clad headbanging men springs to mind. And with good reason too.

CHAT

Friday Night with Jonathan Ross (BBC One, times vary)
Obviously this show is living on borrowed time, but while ever it's still in existence, it's a must-see.

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SUDOKU

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Answers next week.

				2	1	6	7		4			8		5		1				6		8		
4			8	7				1			4		3		2					8	3			
			3	1	2	4				8				4			3		5				2	
8						5				3		2		9		4		9	7				8	
	6	2			8	1		9	2						4	7			8			2		
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	3	4	7		8					5				6				4				2		9
			9	4			1	8			7		2			5				1	4			
9	7	5	2						3			4		2					2		7			1

CODEWORD

Each number in the grid represents a different letter of the alphabet. Decipher the code to fill in the crossword. Three letters are already in place and the check-box and letters either side will help you keep track of progress.

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

A	6	25	11	21	9	16	17	26	22	4	10	11				
B	25			15		11	7		16	25	15	15	12	26		
C	12	11	22	12	20	22	7	3	26	1		17		23		
D	17			17		12			17	1	10	25	5	12	12	
E	16	5	17	20	5	15	11	26	13		11		12		21	
F	2			A	R	T										
G				17		11		7		26		17			5	
H		9	11	26	22	26	12	16	16		13	17	25	18	12	
I	23			21			12		12		20		25		22	
J	7	26	16	12	5		7	24	4	12	21	5	12	22		
K	8		5		17			17		21		7			11	
L	19		17		22		17	13	20	12	12	1	12	26	5	
M	7	21	5	7	10	25	18			11		17			16	
N	25		25		7			16	12	20	14	11	5	25	22	12
O	26	12	5	5	15	12		3		12		11				15
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Q																
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WORDSEARCH

B	K	L	Y	R	R	T	X	A	G	D	Q	M	T	R
S	S	E	L	E	V	O	B	T	Y	L	A	P	A	M
P	A	R	T	G	F	A	O	E	D	I	S	C	L	M
A	U	Q	R	N	B	Z	S	D	O	U	S	L	F	Q
K	J	C	B	A	E	F	E	V	E	A	A	S	R	M
Z	J	W	R	M	L	S	R	V	L	B	P	E	E	L
V	G	O	L	A	O	E	N	E	O	T	E	M	M	M
V	N	X	D	P	J	V	D	R	M	S	P	X	A	L
S	X	I	M	N	N	R	A	V	R	E	L	U	R	P
Y	R	O	M	E	M	T	E	E	E	R	D	P	R	D
B	C	F	G	F	O	N	V	U	M	L	K	I	I	Q
N	D	T	E	R	K	O	F	W	F	S	Y	M	A	F
O	C	Y	Y	A	H	A	M	U	S	S	E	D	Z	G
E	T	N	E	G	O	C	F	P	V	S	D	U	E	X
F	K	C	O	P	Z	A	G	S	T	O	P	U	R	A

FLAT, REMARRIAGE, COMPOSED, POTS, BARONS, LASCAR, COGENT, MANGER,
DYES, REMEDIAL, REST, LABORATORY, TRAP, AMUSED, BRIDAL, LESS, OVERSEER,
MEMORY, DISC, DOOR

Last weeks solutions:

9 6 2 8 7 5 1 4 3	6 4 9 5 3 1 2 8 7	2 1 5 7 8 6 3 9 4
8 3 7 2 1 4 6 9 5	7 2 3 6 8 4 1 5 9	7 9 3 1 5 4 8 2 6
5 4 1 9 6 3 7 8 2	5 1 8 7 2 9 6 3 4	4 8 6 3 2 9 1 5 7
6 2 4 3 9 1 8 5 7	3 5 1 8 4 7 9 6 2	3 2 8 4 6 3 9 1 6 7 5
1 5 3 6 8 7 4 2 9	2 9 7 3 6 5 8 4 1	1 5 7 2 6 3 9 4 8
7 8 9 4 5 2 3 6 1	4 8 6 1 9 2 3 7 5	6 4 9 5 7 8 2 3 1
3 1 8 5 2 6 9 7 4	9 3 4 2 5 6 7 1 8	5 3 2 6 1 7 4 8 9
4 9 5 7 3 8 2 1 6	8 7 5 9 1 3 4 2 6	9 6 4 8 3 5 7 7 1 2
2 7 6 1 4 9 5 3 8	1 6 2 4 7 8 5 2 3	8 7 1 9 4 2 5 6 3

PRIZE CROSSWORD 1050

[illegible]

We have one pack left in Spanish for the winner of our Prize Crossword. Please state which one you would like. Choice is based on first come first served and will be posted to the sender of the first correct solution opened next Thursday. Solutions to: The Portugal News Crossword Nº 1050, Apt. 13, 8401-901 Lagoa. Be sure to enclose your name, address and phone number.

ACROSS

1. Slight quarrel (4)
8. Unrelenting (10)
9. Of the home (8)
10. Pile (4)
12. Indifference (6)
14. Cowardly (6)
15. Lapwing (6)
17. Parched (6)
18. Minus (4)
19. Ultimate (8)
21. Law-maker (10)
22. Pitcher (4)

DOWN

2. Imperfect (10)
3. Penalty (4)
4. Sentinel (6)
5. Irritable (6)
6. Single man (8)
7. Profound (4)
11. Hateful (10)
13. Municipality (8)
16. Threefold (6)
17. Agreement (6)
18. Calm (4)
20. Weary (4)

SPOT THE DIFFERENCE

[Last weeks solutions](#)

Across: 7 Lance; 8 Settler; 9 Incisor; 10 Acted;
12 Outrageous; 15 Atmosphere; 18 Exile; 19
Notable; 21 Squalor; 22 Exult.
Down: 1 Illiterate; 2 Snack; 3 Mess; 4 Usurer;
5 Stranger; 6 Elation; 11 Dishonesty; 13
Unseemly; 14 Impious; 16 Hungry; 17 About;
20 Team.

Last weeks winner: Margaret Phillips,
Praja da Luz

Last week's solution:



PROPERTY

A weekly guide to the latest and the best properties on the market in Portugal • The Portugal News • 27 Feb 2010

PROPERTY OF THE WEEK

Serra e Mar



Located in the peaceful & private Serra e Mar urbanisation, outside of Alvor/Portimão, this week's Property of the Week is a lovely three bedroom villa that combines peaceful surroundings with proximity to the coast, golf & shopping.

Serra e Mar has always been a highly sought after choice of residence, due to its beautiful setting, its tight-knit community and its fantastic location.

This three bedroom villa, with stunning mature gardens, a private pool and barbeque area, is only 5 minutes away from two outstanding golf resorts, several beautiful beaches and shopping centres. The villa would make a fantastic home and also has impressive rental income potential. It is currently available for immediate occupation.

Paved with traditional 'ladrilha' tiles throughout, this is a spacious, welcoming home. To the right of the entrance is the property's kitchen, fully equipped with impressive stor-

age space and granite work surfaces. It has a doorway leading to the dining room area, which has plenty of space for entertaining. Straight ahead is the enormous living room with a high, wooden beamed ceiling and doors out to the pool area. This room is also connected to the dining room area and features a lovely fireplace. To the left of the entrance is a spacious guest bedroom and guest bathroom. It has two twin beds and built-in wardrobes, with windows overlooking the pool area.

Two further large bedrooms are found on the far side of the living room, both being en-suite and with double beds. The master bedroom has doors to the pool area and its bathroom is



equipped with a bath and a shower.

The pool is of very good size and provides privacy as it is surrounded by the extensive garden and walls. The pool area also boasts a fully equipped outdoor barbeque area and large, shady terraces; perfect for hot summer days.

The house is equipped with an alarm system & security shut-

ters, air-conditioning in all the bedrooms and a garage at the top of the calçada driveway.

Now is the ideal time to purchase this property, as it has just been reduced from €520,000 to €499,000. It is sold fully furnished.

For more information on this property, please call (00 351) 96 986 8108 or (00 351) 96 378 3505.



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Almancil

Centrally located two bedroom apartment composed of 2 bedrooms 2 bathrooms, lounge with fireplace and dining area, equipped kitchen, storage and terraces. Parking space and storage in the basement, communal swimming pool and garden area. Partly furnished.
Ref. A1367 Price: € 170,000



Vale Judeu

Beautiful villa composed of 3 bedrooms, 4 bathrooms, lounge with fireplace, dining room, equipped kitchen, laundry room, storage and various terraces. Roof terrace, garage, swimming pool and garden. Plot area of approx. 1.800 sq.m. Construction area of approx. 310 sq.m.
Ref. L2571 Price: € 500,000



Vilamoura

Beautiful villa situated in front of the Golf Course, composed of 4 bedrooms, 3 bathrooms, lounge with fireplace, dining room, kitchen, storage, laundry room and terraces. Garage, swimming pool and garden. Plot area of approx. 614 sq. meters. Construction area of approx. 151 sq. m.
Ref. V12480 Price: € 590,000



Vilamoura

Attached villa located in a private condominium w/ communal sw. pool and garden area. Composed of 1 bedroom, 1 bathroom, lounge with dining area, equipped kitchen, storage and laundry room. Terraces, barbecue area and roof terrace. Furnished. Construction area approx. 112 sq.m.
Ref. V12659 Price: € 190,000



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Tavira: 281 320 281
Vilamoura: 289 301 294



Tavira

New 5 bedroom villa w/ large pool & small lake enjoying sea views & privacy on landscaped plot of 15.560 m2. Living area of 307 m2 & basement of 192 m2. High quality construction and specifications. Easy access.
Ref: LHV-937 Price: € 1.200.000



Estoi

Unique, modern, split-level villa with pool & guesthouse offering privacy & breathtaking views towards the coast. Covered area: 360 m2, plot: 2140 m2. Enjoying Good quality construction.
Ref: LHV-1063 Price: € 1.200.000



Santa Catarina

Lovely 4-bedroom quinta (265 m2) with many typical Portuguese features. Swimming pool & beautiful gardens. Plot of 9840 m2. Spacious double-height living area. Easy road access. Good value for money.
Ref: LHV-866 Price: € 590.000
(Reduced from € 799.000)



Tavira

Luxurious 4 bedroom villa (430 m2 covered area) with swimming pool on preferred location in Tavira. Large living room with adjacent dining area, Italian design kitchen, high quality building materials and finishing. Plot of 1074 m2 enjoying country views.
Ref: LHV-901 Price: € 749.000



Near São Brás

Offers invited! Outstanding 3-bedroom villa (177 m2) with pool & garage (41 m2) set on a 2500 m2 plot offering far-reaching views. Tastefully chosen materials, under floor heating, air-conditioning. Worth a viewing.
Ref: LHV-1066 Price: € 465.000

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São Brás de Alportel

- Traditional style villa
- Nice country views
- 3 bedrooms 3 bathrooms
- Gas central heating
- Pool & barbecue area
- Villa 154m² plot 456m²

Ref. C1141

Price Reduced: € 240.000



Tavira

- New villa on the coast
- Lovely Ria Formosa view
- 4 bedrooms 3 bathrooms
- Air conditioning
- Garden & fenced plot
- Villa 168m² plot 462m²

Ref. V972 - see also V971

Price: € 450.000



Almancil, Fonte Santa

- End-terrace townhouse
- Excellent urbanisation
- Views to coast, V. do Lobo
- 2 bedrooms 2 bathrooms
- Lovely garden, terrace
- Villa 215m² plot 600m²

Ref. V1232

Price: € 255.000



Bordeira

- Beautiful spacious villa
- Totally renovated 2009
- Spectacular coast views
- 5 en suite bedrooms
- Pools, garage, terraces
- Villa 406m² plot 7.000m²

Ref. V1263

Price: € 1.200.000



São Brás de Alportel

- Spacious 1-storey villa
- Walking to S.Brás centre
- 3 bedrooms 2 bathrooms
- Pool, terraces, annexes
- Garden, many fruit trees
- Villa 250m² plot 2.000m²

Ref. V1275

Price: € 425.000

Outstanding opportunity to buy a dream rural property...



...near village of Alte (Loulé).

Professionally renovated to a high standard the detached villa sits on plot of 310m² and has 3 double bedrooms with fitted wardrobes. Two fully equipped bathrooms and excellently finished modern kitchen. Under floor heating throughout and log burner in main sitting room. Price – €175,000.

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Ref.: 2822 Promotion € 325.000

Special - Vilamoura



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Ref.: 1298G From € 357.500

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Excellent Studio apartment in center of Vilamoura, just a few minutes walk from the Marina. Fully furnished and equipped. Very nice views. Extra store space in basement. This is a fantastic & unique opportunity for your holidays or for rental income.

Ref.: 2931 € 70.000

Green Residence - Algez



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Ref.: 2784 € 230.000

Sea front - Fuzeta



Spectacular two bedroom apartments, equipped kitchen & large balcony. Private condominium with garden & sw-pool. Private parking. Situated in front of Ria Formosa, the view is absolutely incredible! Promotional price.

Ref.: 2159 From € 199.500



Ref. A-152 Sagres

Apartment with 2 bedrooms, 1 bathroom, living-dining room, kitchen, 3 balconies. Very quiet area, short distance from the centre and beach.
Price: €125,000 ID 123041008-1



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- Stunning sea views and desirable location
- Close to beach, amenities and golf



Nr. Alvor/Portimão, Ref: S563

REDUCED by 29% to €520,000

- Stylish, 2 storey detached villa
- 1,100m² plot, 3 en-suite bedrooms
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- Private pool, countryside views
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LAGOS • Torralinhã

Charming 2 bedroom apartment, very well located, and near all services. Not far from Porto de Mós beach and the Town centre, is ideal for permanent living or holiday periods.

Refª A-156 • Price €145,000.

Cut the confusion over Clematis



I love the huge flowers of hybrid clematis as they climb up trellis and fencing, or weave their way through less interesting shrubs, wrap themselves around tree trunks and scramble over old walls to create a burst of colour, often in shadier places.

They make perfect companions entwined with deliciously scented climbing roses covering arches and pagodas in the romantic garden, or simply climbing up unsightly walls or fences to act as a colourful screen.

In fact, different types of clematis can provide you with flowers for most of the year.

Yet, clematis are the climbers

which cause the most confusion when it comes to pruning because there are three groups of them, and if you prune the wrong type at the wrong time you'll ruin your chances for blooms this year.

Group 1 clematis, which flower in spring, bloom on stems which grew the previous year and are generally pruned after flowering. They are often rampant

growers with large numbers of relatively small flowers - *C. macropetala* and *C. montana* are well-known examples, although *C. alpina*, *cirrhuosa* and *amandii* also fall into this group. Prune them straight after flowering by clipping the sideshoots back to a few buds of the main framework.

They should not be pruned in the winter, or you'll cut off all the shoots and lose the new season's flowers.

Now is the time to prune summer-flowering clematis, the Group 2 types, which bloom on stems produced in the current season. They are pruned in late winter or early spring to remove much of last year's growth. If left unchecked they will produce flowers, but they will tend to be at the end of the plant where you probably won't be able to see them.

Group 2 clematis include many of the large-flowered hybrids, including the most famous pink striped variety 'Nelly Moser', the rich purple 'The President' and other popular types including 'Marie Boisselot' and 'Lasursterm'.

The aim with pruning Group 2 clematis is to retain a framework of old wood, and also to stimulate new shoots to maximise flowering throughout the season.

Unless the plant already has three or four healthy stems growing from the base, all newly planted clematis should be pruned back hard the first spring after planting. Cut back to just above a strong pair of leaf buds about 30cm above soil level. This will encourage multiple stems



Clematis 'The President'.

which can be trained into supports to give a good coverage.

With established plants, remove dead or weak stems before growth begins, check individual stems from the top down until you reach a pair of healthy buds, and prune just above them, removing the spindly or damaged growth above. The ones that flower first in early summer, and again in late summer, need a tidy-up rather than a heavy prune.

Those which must be pruned now are those which don't start flowering until June, and keep going until the autumn, as they make vigorous growth and only flower on the very ends of the shoots.

They can be cut back to a pair of fresh green buds about 30cm in early spring, and then new growth tied into the supports.

Some mid to late summer-flowering clematis can be treated as either Group 2 or Group 3, as desired, including 'Comtesse de Bouchaud', 'Gipsy Queen' and 'Hagley Hybrid'.

Group 3 are late summer and autumn-flowering clematis including *viticella* and *texasensis* and some large-flowered types including 'Niobe', 'Perle d'Azur' and 'Ernest Markham'. They flower on both last year's and the current season's growth.

In the first year, prune them back in late winter or early spring

to the lowest pair of healthy-looking buds you can find, which will be about 30-90cm above the ground. This may mean cutting

off green, healthy shoots, but the plant will reshoot from the base and be better for it.

Hannah Stephenson



Clematis 'Ruutel'



Clematis 'Royal Velvet'



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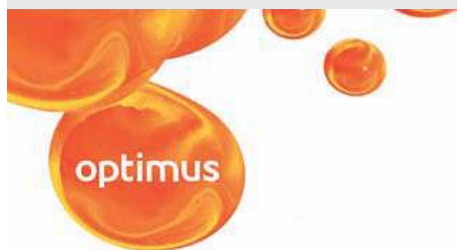
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Kura reversible bed, with bed tent, IKEA.

Rooms that are child's play



Turn on the style for kids rooms so they'll love to play in them and, when they're older, stay in them! Gabrielle Fagan checked out kids home style.

Small children can be boisterous, imaginative and messy little beasts and those endearing qualities mean they make a huge impact on your home.

Their belongings seem to spread into every nook and cranny, and there's no way sensible parents want to spend their whole time stressing about mess or constantly shrieking 'tidy up'.

So the best approach is to create a bedroom that a child loves, and one where it's easy to play, feel safe and, most importantly, is fun to be in.

It should be their own special place where they can also have their friends, and a snug sanctuary at the end of the day for story-telling sessions before bedtime.

Beware of being too grown-up when you plan and decorate this room.

"It's very tempting to want to decorate your child's room to suit

your own taste and style," says Sarah Quilliam, head of product design for Hillarys, specialist blind company.

"But while parents often like 'tasteful', safe neutrals, children love bright colours, busy walls and funky furniture. So take some deep breaths, count to a hundred, and try and look at the world from their perspective."

Ideally, the room should be able to grow and change as you child does, so that you're not involved in constant redecoration.

Colourful furnishings rather than brightly-painted walls, coats that transform into beds, stylish rather than 'cute' furniture and versatile storage are all ways to keep costs down.

Ultimately the room you create may echo your own childhood one or perhaps the one you dreamt of having.

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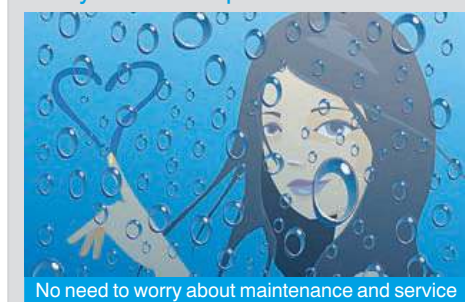
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be sure it will pay off - this is a room your child will always remember.

Classic rooms

"Plain white or wood furniture provides the perfect backdrop for bed linen and accessories with colour and personality," advises Chrissie Rucker, founder of The White Company.

"Those finishing touches like pretty bunting, pictures and their toy collection make a room extra special."

Tip: Crouch down to your child's height so you can see the room through his eyes. It will help ensure storage is planned so it's easy to reach and use.

Exciting beds

They might not quell that rebellious childhood refrain 'I don't want to go to bed', but imaginative beds could go a good way to minimising late-night tantrums.

Designers are transforming what is often the largest piece of furniture in a room into exciting play spaces as well as somewhere to sleep.

Top tip: "Blackout blinds at windows make it easier to settle small children on light evenings and should help them waking at dawn during summer months," says Sarah Quilliam.

Hillarys deep blue Night Sky

blind, features moons and stars, and starts from £54 measured, made and fitted.

Small spaces big style

Little ones often prefer cosy spaces but you need versatile furniture to make the most of every corner of a compact room.

"Just because it's small, doesn't mean you can't maximise the space," says Fionnuala Johnston, design co-ordinator at B&Q.

"Look for a bed that's more than a bed - one with storage or an extra bed underneath. And choose extra storage that can hang on the wall or back of the door."

Tip: Enhance space by painting walls one colour and pick a

theme colour for furnishings. To add easy storage, storage chests on wheels, and boxes decorated with animals and flowers.

Delight in detail

Think outside the traditional decorating box - blue for a boy, pink for a girl - and try restful greens or perhaps a welcome touch of sunshine yellow for walls.

"Have a neutral shade on three walls, a splash of colour for the feature wall, or bring a room to life with decorative borders or wall stickers," suggests B&Q's Fionnuala Johnston.

Tip: Cork noticeboards or panels sprayed with magnetic or blackboard paint are fun for displaying art work, photos, or posters.

Prairie collection, www.mamasandpapas.com

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Bedspreads Factory Outlet



Bedspreads Factory Outlet was founded in 1989 by Patrick and Linda Hall, long-term Algarve residents.

This 'niche market business' was launched after extensive research and focusing on a gap in the market for high quality Portuguese textiles made in Portugal for the export market. Curiously, at the time, many foreign residents were bringing in textile products from the UK only to read on the labels 'Made in Portugal'.

From the early days of only selling bedspreads, their extensive product range now encapsulates everything you would need for home soft furnishings, including, duvets, sheets, duvet covers, pillows, mattress protectors, blankets, pillows, mattress toppers, curtains, tablecloths, towels and many more products.

Even though the recession has hit Portuguese manufacturers with a vengeance - with factories closing down all over the country - Bedspreads Factory Outlet still only buys national products.

Linda said, "It would be very easy for us to buy from China and India as many of our competitors do, but how can we guarantee our quality then? We always put our customers first;

Portuguese quality will last and last".

This year people are turning against buying bad quality then re-buying next year, as has been shown in the jump in sales for Egyptian cotton and due to this Bedspreads are stock-clearing all their poly/cotton sheets, pillow cases and duvet covers.

Buy yours soon as stocks are limited!

Bedspreads Factory Outlet are still located in Alvor, near to the market place, while their daughter Nikki (well known to readers of **The Portugal News**) runs the second shop in Lagoa on the EN125, located next to the Total petrol station. This location has parking directly outside and ample parking near by.

Quality, customer service, products not made with child labour and Egyptian 'easy-care' cotton have become bywords for Bedspreads Factory Outlet as their rightly-deserved reputation has shown. As a family business they are here to stay, as many factories in northern Portugal are glad to hear.

So, if you like living in Portugal be like them support your local economy buy here.

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Aqua Pura Ida, quality pool covers



As Summer approaches why not invest in a good quality pool cover from Aqua Pura Ida.

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The most popular choice is their blue solar bubble cover which has a thickness of 500 microns and when treated correctly will last between five and seven years.

Benefits that this type of cover affords include a five to seven degree rise in water temperature, a ninety-five percent reduction in evaporation, and significantly fewer chemicals

needed to treat water, thus reducing the running costs of your pool.

New for 2010:

All new replacement Aqua Pura bubble covers have a 10% discount or save around 200 € with a DIY kit.

These rollers and covers are custom-made in the Aqua Pura factory near Lagos and are then collected and installed by you.

Also available is a new range of water purifiers working with salt, copper or ultra-violet light.

Swimming without chemicals is now possible, with a wide variety of alternatives.

Woodwarm – wood burning stoves



If you have never contemplated buying a wood-burning stove to keep your home warm during colder months, Woodwarm will give you something to think about.

Providing basic wood burning stoves up to full heating systems, Woodwarm are extremely well engineered heating units, imported from the UK, complying with the strictest rules.

Selling stoves ranging from an 8 kW to a 20kW output, the Woodwarm wood-burning units are extremely efficient due to their air-wash system, which gives the units a cleaner burn and much better heat retention, which in turn make them 85% more efficient than regular wood burning stoves.

Other advantages the innovative air-wash system provides are: rarely having to clean the glass; there is very little deposit left in the chimney, avoiding chimney cleaning; and constant good heat is provided.

Most of their stoves are also able to provide central heating, making them a fantastic energy saver and source of heat for all household appliances that require hot water.

Jason Kimpton, retailer of Woodwarm in Portugal, uses the system all around his home, with the aid of photovoltaic solar panels.

In the past weeks, with the terribly cold weather and absence of sun, his house has been entirely dependant on his wood-burning stove system.

It has managed to maintain his 400 litre water tank at a constant 60°C, taking only one and a half hours of burning for the boiler, which provides hot water to all his appliances in the house, to reach this temperature.

Many people do not realise how much the humidity affects houses in the winter, and a wood burning stove is an environmentally friendly method to keep your home warm and dry, whilst drastically reducing your energy consumption bills.

"I even boil the kettle and cook on my flat top wood-burning stove, it is absolutely fantastic" says Jason.

With over 30 years existence in the UK, Woodwarm have just entered the Portuguese market, supplying an extremely wide range of models, such as double doors, double views and slender models, in various colours and specifications (flat top, profiled and canopy).

With their own professional installation team, English and Portuguese speaking, Woodwarm are always at hand to provide useful information and tell you what the perfect combination for your home is. The installation team are also capable of carrying out construction work for the fitting of the system.

FYI: Wood fuel is carbon neutral. It absorbs as much carbon dioxide in its growth as it releases when it is burnt, making it an environmentally friendly fuel.

Pinheiros Altos calls on the Drain Doctor



After unsuccessfully liaising with several other plumbing and drainage companies the exclusive Pinheiros Altos resort in Quinta do Lago, which was established in the 1980's, has found a partnership made in heaven with the 'Drain Doctor', a company that is now on speed dial when it comes to resolving any of the 177 Pinheiros Altos homes.

Given the development's location amidst hundreds of mature pine trees, Pinheiros Altos' residents often come across drainage problems as the roots of the hardy trees affect infrastructures.

But this is not a problem for 'Drain Doctor'.

Pinheiros Altos administrator Fátima Viegas said "I have never come across another company that has the same type of specialised equipment for all problems".

"We often have urgent situations and Drain Doctor always provides immediate assistance", she said.

Drain Doctor, Britain's largest emergency plumbing and Drainage Company, officially opened its doors in January 2009 in Loulé, Algarve.

According to Freddie Mitman, the founder of the Drain Doctor Plumbing & Drainage, the company is a market leader in both CCTV and drain lining. It has been emphasised that CCTV cameras have revolutionised the entire drainage industry as they allow a problem to be seen without costly random excavation.

Fátima Viegas said "our clientele is very discerning, as is the majority of the Quinta do Lago clientele, and expect a premier service. With Drain Doctor things get resolved 'yesterday' and they don't just fix the problem at hand, they carry out a full inspection to detect any further problems that may arise as well as providing solutions and proposals to avoid reoccurrences".

TV presenter fights to



It is thought that around half of people with an eating disorder suffer from obsessive-compulsive spectrum disorders that date back to childhood.

disorders.

"I remember it like it was yesterday," says former TV presenter Steve Blacknell of the day his battle with bulimia began, aged 24. "It was a warm summer's day in 1976, and I was lunching with some important record execs on a generous expense account.

"I had just landed a glamorous job as an A&R at a big record company in London, and was working with bands like the Moody Blues, Jethro Tull and Steely Dan.

"But I was nervous. I'd always been a bit flabby, and in this business with thin pop stars, it paid to be thin, too. So after I'd eaten my prawn cocktail starter, I went to the toilet and threw it all up.

"Then I did the same with my

main course and dessert. I still don't know what triggered it exactly, but it felt good.

"It felt like a handy tool I could use to bring out now and again to control how much I was eating and how I looked."

Speaking out about his experience, Blacknell says that he'd always struggled with his weight and began bingeing when he was in his teens.

"But it was at this job that it all began to spiral. I'd find myself looking at my tummy all the time and weighing myself.

"If I had a function to go to, I'd stay in for three or four days and not eat. I'd drink coffee all day, take a laxative and rope myself to my bed so that I wouldn't get up in the middle of the night to eat.

"My girlfriend at the time, now

my wife, would even help me padlock the door to the kitchen at night - sometimes finding me perched over her begging for the key in my sleep."

According to research at the Institute of Psychiatry, King's College, London, eating disorders affect people of all cultures and ages, although they are most common in young women aged between 15 and 25.

The exact cause is usually a combination of triggers, and can include stress, low self-esteem, the death of someone close, problems at work or university, sexual or emotional abuse or difficulties in family relationships.

Former UK deputy prime minister John Prescott, for example, admitted in 2008 that it was stress that led him to become

Eating disorders like bulimia and anorexia are considered a mental illness and affect a staggering 1.6 million in the UK alone. A survivor speaks about his personal fight to beat his disorder.

Eating disorders like anorexia and bulimia are often seen as female problems. But of the 1.6 million people in Britain who are thought to suffer from an eating disorder, 11% of them are men, according to BEAT, a charity working to raise awareness of eating

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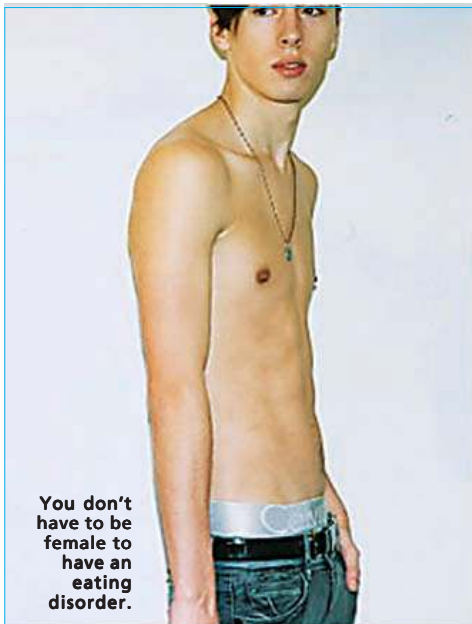
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be thin



You don't have to be female to have an eating disorder.

bulimic while in government. Blacknell, who used to host the BBC pop show *Riverside*, thinks it was stress and low self-esteem that led to his "desperation to look thin".

Most men with eating disorders tend to want to look healthy, says Mary George of BEAT (www.b-eat.co.uk), the charity that works to raise awareness about eating disorders.

"Males with eating disorders tend to focus on the 'body beautiful' and typical 'healthy body' of the six-packed figures on men's health magazines, and will over-exercise and cut down on their food to attain that image," she explains.

But for Blacknell, who says he's usually the exception to every rule, found that no matter how thin he was, he was never thin enough.

"I'd already lost about four stone, but then the worst happened: I became a TV presenter," he says.

"Telly adds about eight pounds to your image, and I was so desperate to look thin on my first day that I remember throwing up my lunch 30 minutes before I went live."

Blacknell became what he calls "anorexic-bulimic", going without eating for long periods of time and then bingeing.

"I couldn't bear to eat in front of people, so I'd order a takeaway for five people, scoff it all down and then throw it up in an alley."

"But I was in control. My bulimia had become part of my routine, and I was good at it. I used sprays in the toilet to cover up the smell of vomit and regularly sucked breath mints - and no one guessed a thing."

However, the constant retching was taking a toll on his body. Blacknell's windpipe was ruptured, his oesophagus damaged and his stomach constantly cramped from the excessive bile and acid.

He was also suffering from depression. When his girlfriend suggested acupuncture, he finally noticed a change: "After about four to five months of regular acupuncture, I realised I no longer had cravings to binge or purge," he says.

"I went on telly and talked



TV presenter Steve Blacknell

about my addiction - something I hadn't even told my parents - and it felt great."

Blacknell has only relapsed twice since, the last time in 1985, although he still suffers from issues with food.

"I still can't eat big meals in front of people and prefer to eat alone or with my wife," he says. "And, to be honest, I still feel like I'm fat, but it doesn't matter as much to me anymore. I just feel so lucky to have the friends that I do and the support that I have. The fact that so many men suffer in silence is just appalling."

When eating becomes a problem

All of us need to eat to survive. But when eating is used as a coping mechanism, whether to cheer you up when you're feeling bored, angry, hurt, lonely or anx-

ious, or to help you cope with stressful or painful situations, it can become a problem.

It is thought that around half of people with an eating disorder suffer from obsessive-compulsive spectrum disorders that date back to childhood. Research also shows that an individual's genetic make-up may play a part in predisposing a person to an eating disorder.

Anorexia nervosa and bulimia nervosa are the most common eating disorders, although binge-eating and compulsive over-eating also exist. Treatments can include cognitive-behavioural therapy and depend on the person and disorder.

The health effects of eating disorders range widely. Research from the Institute of Psychiatry shows that a quarter of all people with eating disorders go on to

develop a chronic illness. Damage to bones, osteoporosis, fertility problems, an increased risk of cardiovascular disease, intestinal problems and kidney damage are all common.

The brain can also be affected, leading to long-term changes in metabolic processes and thoughts, feelings and behaviour.

"An eating disorder is a mental illness - not a diet or fashion fad gone wrong," says George.

"Unfortunately, it's usually seen as a teenage-girl disease and as a result there's a lot of stigma attached to it. But eating disorders have the highest mortality rate of any mental illness: 20% of those suffering from one will die, either from suicide or organ failure - so it's essential that anyone who thinks they might have a problem seek help."

Kate Hodal

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Ask the expert

Q: "My 15-year-old daughter seems obsessed with changing her body surgically, and says she wants liposuction and surgery to make her breasts bigger. Is it normal for a girl of her age to feel like this, and how can I persuade her she's too young for cosmetic surgery?"

A: Christiana Clogg, founder of thegoodsurge.org.uk, says: "We conducted research on this subject recently and it seems your daughter isn't alone in wanting surgery - 41% of girls between the ages of 13 to 16 that we surveyed wanted to have a cosmetic procedure of some kind, citing the main reason as being to boost confidence or to prevent bullying."

"We believe it's up to the individual to decide for themselves if they wish to have a cosmetic enhancement - we are merely on hand to ensure that consumers make the correct decision when choosing a surgeon."

"However, we feel very strongly that teenage girls should be reminded that their body is still developing and that liposuction and breast augmen-

tation aren't recommended at such a young age."

"We would strongly advise parents to look at other ways they can help boost their child's self-confidence, perhaps by helping her with her clothes to enhance her natural body shape."

"It's very important that we also draw attention to celebrities such as Kate Moss and Paris Hilton, who have never had breast augmentation despite them having flat chests. Both women are considered beautiful, and despite not having any cosmetic procedures, their careers have flourished."

"It's important to deal with this situation sensitively, as we can all relate to such body issues."

"Sitting down with your daughter and discussing why she feels she needs such procedures may help coax her out of making any rash decisions, and help her realise that surgery isn't always the answer."

Spring's beauty flings

Lisa Haynes helps to update your make-up bag with the new season's catwalk-inspired looks.



A model backstage before the showing of the spring 2010 collection of Nanette Lepore in Bryant Park in New York.

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Spring clean your make-up bag and brush away old hair styling tricks. The new season is a time for reinvention.

Forget the designer outfits and shake up your style with the accessible make-up and hair trends showcased on the spring/summer catwalks.

Whether you want to work girl-next-door hair plaits and a golden glow, or play the vamp with look-at-me orange lips and lilac eyes, there's a look you can easily adopt into your everyday routine.

Goodbye winter gloom and hello to a cosmetics stash packed with all things fresh, light and colourful.

Make spring swing with beauty's new trends.

Amber alert

As seen at: House of Holland, Missoni, and Prada.

Amber may signal 'get ready' on the traffic light system but it's the way to go in spring 2010 beauty.

Surprisingly flattering, orange lips can make your complexion look warm and sunny, whatever the weather.

"It's strong and sexy in a playful Nineties way," says Lucia Pica for MAC, who used orange lips at House of Holland to "create a mouth that's bold and defined".

You don't have to target extreme tangerine shades either. Seek out a more wearable orange-red or coral tone to tap into this pout-worthy trend.

Slick chick

As seen at: Max Mara, Basso & Brooke, and Jonathan Saunders.

Forget beach babe hair, the slicked back trend goes one flipper-step further and dives right into the sea.

The wet look was the super-shine look for tresses on the run-

ways, which works equally as well on long or short hair.

Stylist for L'Oréal Paris, Alain Pichon, dubbed the trend "swimmer's hair" at Basso & Brooke.

"Think of Stephanie Seymour coming out of a swimming pool drenched," he says, recommending you lift hair a little at the roots to avoid the style looking too flat.

Pastel playtime

As seen at: Viktor & Rolf, Dior, and Versace.

Make like a kid in an ice-cream parlour and choose your favourite flavour from the so-cool-they're-hot sorbet shades of spring.

"This season marked the emergence of a new power pastel," explains make-up artist Pat McGrath for Max Factor. "These pastels aren't pale or washed out, they make a statement."

Be greedy like designers Viktor & Rolf by combining your sorbets or plump for just one pastel selecting from eye-catching lavender, baby blue, mint, or rose pink.

Plaited perfection

As seen at: Alexander Wang, Prada, and Miu Miu.

As sported by Cheryl Cole on the X Factor, the one-shoulder plait is far from romantic Rapunzel this season.

Classic styles like plaits and pigtales were re-worked for spring catwalks with a "grittier, slightly dishevelled feel", according to Guido, Redken creative consultant, who created the Alexander Wang plaits.

Flaunt the new look tousled braid by using volumising mousse before plaiting the hair.

Guido recommends: "Let the braid fall over your shoulder, and pull out pieces to soften the look."



Americana glow

As seen at: Tommy Hilfiger, Balmain, and Blumarine.

Ditch goth white or uber-pale complexions, isn't summer all about that elusive golden glow?

Cue MAC's so-called 'American Nomad' look, starring fresh-faced honey-cheeked models sporting enviable California tans - minus the rays.

"The look is something any girl would do on vacation," says Lloyd Simmonds for MAC. "It's a summery tanned feel... a sculpted face with bronzy-gold highlights. It's about keeping features angular."

MACCrush Metal Pigment in Stacked 2! (www.maccosmetics.co.uk)



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A model backstage at the Henry Holland show at The Guildhall, London.

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Roast Butternut Squash with Savoury Ricotta

Store Cupboard

6 tbsp extra-virgin olive oil
salt and ground black pepper
4 garlic cloves, peeled and roughly chopped
1/4 tsp chilli flakes
pinch of grated nutmeg

Shopping List

2 small butternut squash, halved and seeded
2 tbsp rosemary leaves
1 bunch flat-leaf parsley, leaves only
175g/6oz ricotta
225g/8oz cow's mozzarella, diced
85g/3oz Gorgonzola
green salad, for serving

1. Preheat the oven to 200C/400F/Gas 6.

2. Arrange the butternut squash, cut-side up, on a roasting tray. Drizzle with 2 tbsp olive oil, sprinkle with 1/2 tsp rosemary and season. Place in the oven and cook for 50 minutes until roasted and caramelized.

3. Meanwhile, in a mini food processor, blend the remaining rosemary, parsley, garlic, chilli flakes and nutmeg to a paste then, with the machine running

slowly, add the remaining olive oil. Pour into a bowl and mash together with the ricotta, mozzarella and Gorgonzola, then check the seasoning.

4. When the butternut squash is cooked, remove from the oven and fill the cavities with the cheese mash. Return it to the oven and cook for 15 minutes. Serve with a green salad.

More ideas: If Gorgonzola is not to your liking, replace it with 25g/1oz grated Parmesan.

Antony's quick cuisine

Polly Weeks talks to Antony Worrall Thompson about his new book - *Antony Makes it Easy* - featuring 120 recipes which he believes are stress-free. However when put to the test do the recipes live up to their claim?

First up is the Roast Butternut Squash with Savoury Ricotta. The butternut squash needs to be cooked for 50 minutes, and the ricotta mixture for the dish doesn't take long to make. While it sounds simple enough, there's a problem: The recipe requires a food processor and without one there's a need to improvise. Luckily, a blender is just as effective.

Once the cheese mixture is added to the butternut squash and put back in the oven for 15 minutes, the finished dish comes out looking not all that different from the picture of Worrall Thompson's version.

The second dish - the Twice Baked Potatoes is just as simple to make, but with the potatoes re-

quiring an hour plus in the oven it's not a quick meal to make. By using fresh ingredients, though, it's a great alternative to buying frozen products.

Finally it's time to try the Warm Chocolate Nonsense. With chocolate, butter, caster sugar and whipping cream included it's not the healthiest of desserts but as a one-off treat, it's not only delicious but quick and easy to make, however once in the oven it's worth keeping an eye on the pots so the puddings don't overcook.

Overall the recipes are successful in that they are simple and easy to make. They may not be as quick as a microwave meal but they do taste far better.

Warm Chocolate Nonsense

Store Cupboard

250g/9oz dark chocolate, (55-70%) broken into small pieces

55g/2oz unsalted butter

4 large eggs, separated

3 tbsp caster sugar

icing sugar for decoration

Shopping List

90ml/3fl oz whipping cream

creme fraiche for serving
nibbled or crushed almonds for serving

1. Preheat the oven to 130C/275F/Gas 1. In a heatproof bowl set over barely simmering water (but not touching) melt the chocolate and butter. Stir to mix well and remove from the heat. Leave to cool a little then gently fold in the egg yolks, one by one.

2. In a very clean glass bowl whisk the egg whites with an electric hand whisk to soft peaks, then add the caster sugar and whip until stiff and glossy. In another bowl whip the cream to ribbon stage (thick but not standing to attention).

3. Fold the cream into the chocolate, then fold tablespoonsful of egg whites into it as well to loosen the mixture. Fold in the remainder of the egg whites.

4. Pour the chocolate mixture into 4 ovenproof gratin dishes, shallow rather than deep. Bake for 8 minutes, until the mixture is warm and has developed a crust: you're not waiting for it to set. Sprinkle with almonds and icing sugar and serve immediately with a dollop of creme fraiche.

More ideas: Pour the mixture over 2 sliced bananas before baking.



Twice-baked Potatoes

Store Cupboard

4 large baking potatoes, scrubbed

1 tsp salt

1/2 tsp ground white pepper

175g/6oz unsalted butter, softened

1/4 tsp grated nutmeg

3 large egg yolks

Shopping List

75ml/2 1/2 fl oz double cream

1 tbsp snipped chives

1. Preheat the oven to 200C/400F/Gas 6. Bake the potatoes on a rack over a roasting tray for about 1 1/4 - 1 1/2 hours until the skins are crisp and the flesh is soft. Remove from the oven.

2. When the potatoes are cool enough to handle, cut a lid off the top of each potato (about one-third of the potato). Scoop out all the flesh from the body and lid,

leaving the crisp shells intact. You can discard the lid.

3. Mash the potato until smooth, then fold in the salt, white pepper, butter and nutmeg and combine well. Fold in the egg yolks, cream and chives.

4. Spoon the potato mixture back into the potato shells, fluff up the tops and return to the oven for 20-25 minutes.



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BORIS has now been missing for 4 weeks and is desperately missed at home. He is microchipped and castrated. He was also last seen wearing a collar. Boris went missing from the Santa Bárbara area. Please if you see anything or hear anything, contact Katy - 919100160 or Ingrid: 918 973 896



AMY BORBOLETA is a sweet female dog approximately 1 year old, medium size, dewormed and vaccinated. She is very quiet, obedient and gentle. She can be visited at the Canil Municipal de Lagos (municipal kennel) Monday to Friday from 8h30 to 12h00 and from 13h00 to 16h00. For more information, please call: 282 798 496 / 917 448 583 or email: cadelaclariota.comp@gmail.com



SHIVA is a big size German Shepherd, female, around 2 years old, vaccinated, neutered, dewormed living presently in Lagos. Shiva was found on the street and was fed by people in the area. Now she is living temporarily with foster family and needs to find a home. She is very gentle, obedient and sociable. If you would like to give Shiva a home, please call Paula Cecilia on: 917 448 583 / or email: cadelaclariota.comp@gmail.com



I foster kittens and dogs and work for the AGA Charity. someone tied this young male dog to the bumper of my car a couple of

weeks ago. I have since been feeding him and need to find him a home. With Goldra closing down I am left with little option but to ask for help. This adorable Podengo is very intelligent and needs a loving home with garden. He is 6 months old and loves cats and dogs. Please call Albufeira area 967 046 332.



MOSES is a 2,5 year old Labrador whom we found on the street. We located the owner, but when we contacted him he said that he would euthanise the dog because he did not

want him anymore. So Moses stayed with us and is looking for a new home. He has a lovely temperament, is affectionate, gentle and playful with people. He limps on his front leg - his leg was broken when he was a puppy, not treated and the bone grew unevenly. Nothing can be done about it, he has no pain, he limps but he can run, jump, play and he has a quality of life. We can send you a movie of him running by email. If you would like to give him a home, contact: sesimbra.bianca@gmail.com See more about us at www.bianca.pt/english



Pet food thoughts



I am often labeled as single minded with tunnel vision about my pets. Possibly true as I am a fanatic about what they eat, what tablets they take and the treatment they have. Up until Lennie I was guided, I have to admit, by the marketing successes and went with what I was told was best by my Vet. However living with Lennie and then Sandy changed all that. I was forced by Lennie's Auto Immune and Sandy's various allergies to start my own research. This changed my outlook completely.

The book Food Pets Die For, Shocking Facts about Pet Food by Ann Martin (available from us or Amazon) and access to so much information via the internet helped me to decide what pet food I was prepared to use and what I was not prepared to use.

There are so many pet foods on the market, we are all guided by various factors and price is high on the agenda. But, the price can also be an indication of what is in the food and how much goodness is in it. As can the amount that comes out of the other end of the dog. If the food is good quality, and correctly balanced there will be little that has to be lost so the poop scooper is less necessary. Reading the food ingredients is not always easy as there are many comments that cover a multitude of suspect contents. Please see the paragraph below for some help with this.

Some of the seemingly less expensive foods are for high active working dogs, however I have spent many hours in discussion with companies over these foods. I have been advised that as a Pet Shop it is irresponsible of me to sell them. Why you may wonder, basically these companies have told me that the foods are specifically for working dogs, ie Search and Rescue, Police Dogs, Working Farm Sheepdogs, dogs that need high energy. These foods are not for the pet dog. The companies state that it is not wise to sell to the general public as it



would be difficult to determine whether a dog was working or a pet.

The "Crude Protein" includes all proteins from all of the ingredients and in some cases this can be a VERY high figure (we have seen a figure of 75% quoted).

The "Effective Protein" is the protein level that is available to the dog and the average mutt needs a level of around 20% - Puppies will need around 25%. Too much "Effective Protein" will also cause skin and other problems.

It is an involved and inaccurate procedure to calculate the amount of "Effective Protein" in

a food that quotes the "Crude Protein" figure but it is not in the manufacturer's interest to provide more "Effective Protein" than is necessary because this will dramatically increase the cost.

What is often forgotten is that dogs need meat protein - the proteins from cereals and vegetables do not provide the complete amino acids required by dogs. Cheap cereals are added to make the cost of a large bag appear to be better value but because the cereals basically pass through the dog you need to feed far more of the cheap food than of a more nutritious food.

We all need fibre in our diets but be cautious of Cellulose fibre. There are many plant sources of cellulose and some of these could have had a previous use which none of us would consider as being in the realm of nutrition!

Many problems that manifest themselves in dogs are directly associated with diet. There are several cereals which are known to cause digestive and skin problems in dogs but these are also a good source of cheap filler for the manufacturers.

Jan Cobley
Paws 4 Pets 916 273 376
www.paws4pets.net

Goldra update

Good news - 3 more dogs re homed this week
Sandy has gone to Porto and Smiley to Lisbon

Lucy is being fostered and is about 10 months old. She has been there since she was a puppy. She is so loving and gentle. Laura will house train her, have her spayed, vaccinated and get her child friendly. For more info about Lucy please contact Laura 927 921 635

We still face the daunting task of finding homes for the remaining 98 dogs and 40 cats

We have beautiful friendly cats of all colours and sizes. Please ring Helena on 918 149 187 for more information

Work is spreading about the closure via the Internet and features on a number of Portuguese websites but we still need more forever homes. If you are thinking about looking for a dog or cat to join your family please consider taking one from the Quintinha.

See the dogs and cats on our website www.quintinha-animalcentre.org

The 9 chickens and 2 ducks will be going soon to a very good home - thank you!

Charity Shops

We still need money to look after the dogs and cats in our care. The charity shops at Sao Bras and Quarteira are still open and provide essential funding for the centre and are in need of your very kind donations i.e. Clothes, Bric a Brac and any unwanted furniture. The shops are open from 10am to 6pm every day so donations can be dropped at any time and you might find a bargain yourself. If furniture needs to be picked up and for directions to both shops you can call Bernadette on Tel 915806647 / 915806674.

Quintinha opening:

Sat 27th Feb 11 - 3.00 p.m. contact Ingrid 918 973 896

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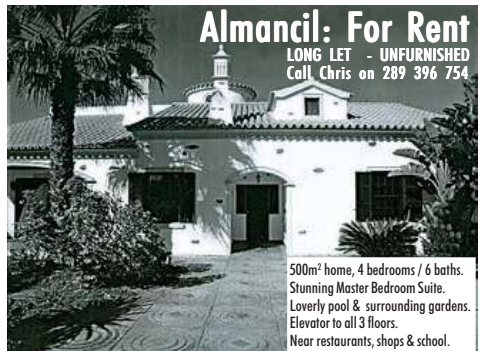
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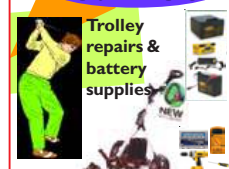
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Lisbon, Madrid boost cooperation in combat of terrorism, other crime



The head of Portugal's SIS intelligence service, Mario Mendes (R) and his Spanish counterpart Antonio Vizcaino during a signing ceremony in Madrid on Tuesday this week. (Photo: Lusa / Gustavo Cuevas)



Portuguese and Spanish security officials signed a bilateral pact this week to cooperate in the fight against terrorism. The head of Portugal's SIS intelligence service, Mario Mendes, said the accord opens a new era in cross-border cooperation in Iberia.

After signing the security agreement in Madrid with Spain's state secretary for security, Antonio Vizcaino, Portugal's intelligence chief said: "We must take into account that anything affecting one country also affects the other", citing the recent discovery by Portuguese police of an ETA bomb-making base in a resort north of Lisbon.

Portuguese police also arrested two purported ETA members earlier this year on a Madrid-stamped EAW (European Arrest Warrant).

Vizcaino, in reply, said the accord is essentially designed to facilitate information exchange between security services in both states, rather than train Portuguese police who "have already demonstrated their competence" in apprehending alleged Basque terrorists operating from Portugal.

"Unfortunately Spain has long experience of too many years of fighting ETA, and we can pass on

this wider experience in combating terrorism. In other areas we want Portuguese police to pass on their experience and working methods in combating other types of crime," added Vizcaino.

The new Lisbon-Madrid cooperation involves creating a new joint unit to boost cross-border coordination and later lead to closer political collaboration in the sector, he noted.

Portugal's intelligence chief said he had inked the new security agreement without hesitation due to a new reality created by the discovery of an ETA base in his country. "We're aware that something changed following the discovery of that ETA base (...). We must look at things in a different light than previously."

The new Iberian security accord significantly widens previous collaboration dating from 1992 that was mainly focused on combating drugs trafficking, noted Mendes. *TPN/Lusa*

Portugal's largest database now available online

Created by the Francisco Manuel dos Santos Foundation, which is presided over by researcher António Barreto, the largest data base offers free access to Portuguese statistics and is available as of this week on the Internet.

Named 'Pordata' (www.pordata.pt) the statistics website encapsulates "almost all chapters of Portuguese society" with data relevant to the past 50 years, provided by more than 30 certified data-producing entities, António Barreto explained. Interestingly, the entire website is in the English language and very user-

friendly. However, Pordata is described as much more than a massive statistics data base as it allows the user to choose and cross-check variables, create their own graphs and charts, and calculate rates of variation and percentages.

friendly.

However, Pordata is described as much more than a massive statistics data base as it allows the user to choose and cross-check variables, create their own graphs and charts, and calculate rates of variation and percentages.

All, according to those who helped create the site, "in three clicks of a mouse".

"What we offer is a very flexible way of working with numbers, something that other data bases don't do. Additionally, we have amassed 50 years of figures from dozens of entities. Almost

no one else offers that in the world, let alone in Portugal", said António Barreto.

The Francisco Manuel dos Santos Foundation was created over a year ago by the Alexandre Soares dos Santos family, which controls the Jerónimo Martins distribution group and owns, amongst others, the Pingo Doce group.

Pordata is the foundation's first public project and has the objective of divulging facts that allows studies to be carried out and supports concepts of Portuguese society.

Within the next few months a series of 100-page books will be published regarding key themes, such as politics, society, culture, democracy, authority, and freedom.

The books, António Barreto explained, will be composed by "people aged between 30 and 40 and who are already recognized as experts in their fields".

The non-profitable foundation states its mission as being to "promote and deepen the knowledge about Portuguese reality", so it can "contribute to the development of society, reinforce citizens' right and improve public institutions".

It was established to honour the memory of Francisco Manuel dos Santos, Alexandre Soares dos Santos' grandfather who was born in 1876 and in 1921 bought the shops that now make up the Jerónimo Martins chain, paving the way for what is now one of the country's largest distribution groups.

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RIVERSIDE INTERNATIONAL CHURCH Office: Rua São José 178, 1.º dto, Fontainhas, 2750-134 Cascais. Phone: 21 483 6590, Fax: 21 483 6592. Church: ABLA (next to Riviera Hotel), Praceta Infante D. Henrique, Nº 80, Quinta do Junqueiro, 2775-584 Carcavelos. We are an interdenominational Christ-centered, contemporary, caring & culturally relevant church meeting at ABLA in Carcavelos each Sunday at 10:30 in English and 18:00 in Portuguese. Creche, children and youth ministries provided.

THE DOOR Christian International Church - meets at Cidade Desportiva, Praceta Carlos Capitulo, Loja "B" Massama / Queluz, every Sunday at 10:30am and 7:00pm - all welcome. For more information call Pastor Frank Escobar at 21-467-3386 or Mobile 919 086 683 God Bless!

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ST PAUL'S CHURCH, ESTORIL (Church of England). Av. Bombeiros Voluntários 59 (behind Hotel Sana Estoril). Sunday School. Service 9.30 am every Sunday. Tel: 21 4692303.

ST. MARY'S, S. PEDRO DO ESTORIL 368 Rua do Murtal, Mass each Sunday and Holyday 10.15am Tel. 21 467 3771

ST. ANDREW'S CHURCH OF SCOTLAND (PRESBYTERIAN) Rua Arriaga, 13, Lisbon: Sun. 11.00. Minister's Tel: 214 837 885, www.standrews-lisbon.com

bible studies.

THE SALVATION ARMY, LISBON Reboreira Corps (Praceta Almada Negreiro, Lote 213 Loja Dt do Exército 11 A); Chelas Corps (Rua Rui de Sousa, Lote 65 A Loja C); Laranjeiras Corps (Bairro de Laranjeiras). At all these corps: Morning Service 9.30am Salvation Meeting 5.00pm Picheleira Corp Rua Capitão Roby, Picheleira, Lisbon (21 805708).

LISBON SYNAGOGUE Rua Alexandre Herculano 59, Tel 213 931 130 Fax 213 884 304 e-mail: celesboa@mail.telepac.pt

IGREJA BAPTISTA de Queijas (close to Cascais) Rua Carlos Santos 88, Queijas Near the Olympic Stadium off the A5. Tel: 214 172 087. Sunday Service: English 10.15 / Portuguese 12.00 Prayer and Bible Study Thursday 8pm Traditional Baptist Service in English followed by Sunday School.

The Algarve

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ST VINCENT'S ANGLICAN CHURCH part of the Church of England, Diocese in Europe & Anglican Communion. Services every Sunday in our three congregations: 9.30am Igreja N Sra de Fatima, N125 between Quatro Estradas & Almancil, 916879430. 11.30am St Luke's, Grijões (near Sta Barbara), 917267948. 8.00am & 12noon Igreja N Sra da Luz, Praia da Luz, near Lagos & Sunday School, 918824584.

THE SALVATION ARMY in São Bras de Alportel will hold on the 1st Sunday of each month an International Worship Service at the Salvation Army Citadel in São Bras at 5pm, Rua 25 de Abril, nº 19 (next to the Market).

INTERNATIONAL CHRISTIAN FELLOWSHIP Sunday morning worship at 11am with Sunday School in English & Portuguese for children. Avda 25 de Abril 17, Portimão. (opposite the municipal swimming pool/piscina municipal) For more info call 282 461 985 or see www.coaa.co.uk/icf.htm

INTERNATIONAL COMMUNITY CHURCH in Lagos invites you to attend its services in English on Sundays at 10.00am. Sunday School for children. 5 Travessa de Santo Amaro, Lagos, Tel. 282-086804 or 282-697546, www.icc-lagos.org.

THE EVANGELICAL BAPTIST CHURCH of Lagos: invite you join us in our English language Service at 6pm, every Sunday. Find us at: Urb Villa Praia da Ana, Lote 11b. Lagos (Nr. Hotel Golfinho) For more information, please contact Jack MacLeod on 282 768 088, Mob. 964914188

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LAGOA CHRISTIAN FELLOWSHIP, English and Portuguese Speaking Calvary chapel of the Algarve, Christ Centred study of the Bible and modern worship, Sunday school is available for toddlers to teens. Sunday services: English 11am and Portuguese 6pm. Mid-week study 8pm Wednesdays. Address: EN 125 Porches Retail Park, Vale de Louzas, Alcantarilha. Tel: 282 381 347 Pastor Gary O'Connor. Visit our Website: www.lagoafellowship.org for more information

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RIVERSIDE PORTO INTERNATIONAL CHURCH - Oporto. A church that is fun and enriching: Bible based and relevant. Caring, supportive and interdenominational. Interdenominational meetings from 6pm Sundays at 1642 Avenida Sacadura Cabral, Aguda, VNG, between Aguda railway station and Miramar golf course. Call Tina or Bill Mason on 227 627 643 or 914 949 611 contact@riversideporto.com or www.riversideporto.com

ST. JAMES'S CHURCH, ANGLICAN CHAPLAINCY OF OPORTO. Largo da Maternidade, Júlio Dinis. Sun. 11am Details from Chaplain (22) 609 1006. www.stjamesporto.org

THE SALVATION ARMY OPORTO Pereiro Corps (Av. Vasco da Gama No: 675-2 E Ramalde), Service 10am, Salvation Meeting 5.00pm. Coloras Corps. (Av. dos Bombeiros Voluntários; Tel: 22 929 1077) Sun. 10am. Thurs 4.00pm Ladies Home League Meeting.

Caldas da Rainha

ANGELICAN EVENING WORSHIP IN ENGLISH. On the **SECOND Sunday of each month**, 6.00pm in the Evangelical Baptist Church, Rua Dr. José Soudade e Silva 27/29, between Caldas da Rainha railway station and Pingo Doce. NB now Second Sunday monthly. For details please phone 262 881 393.

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Contador takes Volta Algarve prize



Spanish cyclist Alberto Contador repeated last year's achievement by winning the 'Volta Algarve' once again this year, having secured his victory after coming second in the fifth stage time trial.

The two-time Tour de France winner secured the 'yellow jersey' in the 17.2 kilometre time trial, of the fifth stage, with second place being sufficient to take the victory. "It was a very important victory and I am very happy. The team was incredible

in controlling the race and, therefore, I tried to secure the victory for them. Winning this stage was secondary, because I only had half a day to practice with last year's time trial bike [this year's model was not allowed to compete as it was not approved]."

Tiago Machado (RadioShack) was the best placed Portuguese cyclist, ending in third overall, after Sanchez's victory of the fifth stage placed him in second. The Portuguese cyclist ended the event thirty seconds behind Alberto Contador.



Spanish cyclist Alberto Contador of the Astana Team was the winner of the 36th Algarve Cycling Tour that ended in Portimão on 21 February 2010. (PHOTO: Lusa / Luis Forra)

Politicians head up Portugal Ryder Cup bid

Former Minister of Economy Manuel Pinho and the two-term President Jorge Sampaio have been selected as the 'faces' of Portugal's bid to host the Ryder Cup in 2018.

The news was made public this week, and Portugal's official bid is to be unveiled this Friday in Lisbon.

Portugal, along with five other nations, has this week been reported as being one of the European countries looking to host the 2018 Ryder Cup.

Portugal, France, Germany, the Netherlands, Spain and Sweden have all announced their intention to bid to host the prestigious Ryder Cup competition in eight years from now.

The deadline for the submission of candidatures is in April, with the announcement expected in 2011.

Celtic Manor in Wales will be the host in 2010, and the 2014 contest is at Gleneagles in Scotland.

With the selection of two British venues in succession, it was decided that the next European home match would be staged on the continent.

Only once before has the tournament been held off the British Isles. The famous course at Valderrama in Spain was host to the Ryder Cup in 1997.

The 2018 Ryder Cup will be the 42nd edition of the biennial encounter – first played in 1927 – between Europe and the United States. Players from Continental Europe first became eligible for the match in 1979.

Despite its world-class courses, the lack of any strong golfers could count against Portugal's bid.

Spain's current 27 players on the tour have won a stagger-

ing 149 tournaments amongst themselves, while Sweden's 25 players have 79 wins, followed by Germany (six players, 54 wins), France (ten players, 22 wins) and Holland (three players and four wins).

Meanwhile, Portugal's top golfer Filipe Lima said last week that hosting the clash between America and Europe's best golfers would raise the game's profile here hugely.

Lima, the only full-time Portuguese on the European Tour, said his country has enough courses and organisational capacity to successfully hold the Ryder Cup in eight years' time. He said France is a frontrunner to host the 2018 event due to its large financial resources.

Danny latest footballer set to play in fund-raiser for flood victims



Portuguese footballer Danny, currently playing for Zenit St Petersburg, has offered to play in a match to support victims of the deadly flash-floods in Madeira being organised by Portuguese champions FC Porto.

"I'll definitely go if asked," said the Portuguese midfielder who was born in Venezuela to parents of Madeiran stock. Danny said his wife and twin sons were in Madeira when the holiday island was struck by torrential rains and surging floodwaters last weekend.

His tearful wife had rung him at training in Spain to say their

home in Madeira had been destroyed by the flash-flooding centred on Funchal, the island's capital, added Danny. "I'm very sorry for the people who died in the floods. It's a catastrophe. Now we have to hold up our heads and do all we can."

FC Porto says it plans to play a special game against a mixed team from Madeira's biggest

clubs, Marítimo and Nacional.

Local hero Cristiano Ronaldo has already confirmed he will play in the game the date of which is expected to be announced soon.

TPN/Lusa



SUPERLEAGUE FIXTURES WEEK 21

MATCH	DATE	TIME	TV
U.Leiria-Guimarães	Friday	20h15	SportTV1
Naval-Marítimo	Saturday	16h00	
Sp. Braga-Olhansense	Saturday	19h15	SportTV1
Leixões-Benfica	Saturday	21h15	RTP1
Académica-Rio Ave	Sunday	16h00	
P. Ferreira-V.Setúbal	Sunday	16h00	
Sporting-FC Porto	Sunday	20h15	SportTV1
Nacional-Belenenses	Monday	20h15	SportTV1



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